

# Woman's Day<sup>®</sup>

LIVE WELL EVERY DAY<sup>™</sup>

## 374 Cost-Cutting Tips

Simple Tricks to Help  
You Sleep More,  
Eat Better, Live Longer

9 Weight-Loss  
Mistakes You  
Don't Know You're  
Making, p.64

Spring  
Sweets



APRIL 1, 2009

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The new pale nail,  
perfect for spring.

## on our cover

SPECIAL ISSUE: 374 COST-CUTTING TIPS

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KEITH LATHROP

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Our chocolate  
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"...He who gathers money little by little makes it grow."  
*Proverbs 13:11*

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What's your favorite way to save money?

"I direct-deposit a portion of my paycheck into a savings account. I'll never miss it if I don't see it!"



"I use coupon codes when I shop online. By searching the web, I can usually find a code for at least free shipping—and sometimes for as much as 20% off."



"I usually do my own nails. A professional manicure is nice, but it's a lot less expensive to do it myself."



"I use my friend network. If one of us tries a new product, we send the others a review so no one makes a bad purchase."





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What's your favorite way to save money?

"Cooking at home is the best way to save. It's therapeutic and way less expensive than going out."



"I cut myself off from shopping for a month at a time. It's amazing how much I can save when I stay out of the mall."



"I always use cash and put the change in a jar every day. You'd be surprised how fast it adds up!"







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# all in a woman's day

by Jane Chesnutt, Editor-in-Chief



## money talks

Money, money, money: It seems like we went from never talking about it to talking about nothing else, to the point that there are times when I feel like declaring a moratorium. (Can I please have just one dinner with friends without spending half the meal on the topic?) But what's really interesting is that all this talk isn't just talk. We're not just thinking differently about money, we're acting differently—even if we're so fortunate as to not be in immediate trouble.

Case in point: Andrea Atkins's piece on page 20 about making small changes in her family's spending. Quite honestly, we were taken aback to read that Andrea wouldn't go out in midweek to buy bread when her family ran out. But that's also a great example of why we love her piece. Because that's not ordinary cost cutting, that's seriously rethinking how you spend, something almost all of us could benefit from.

This piece is just one of many in this issue with a money-saving theme. All told, the tips here could save you hundreds or even thousands. I suspect if you add your brainpower to ours, that number could go up even more—and that's not idle chatter!

Jane

### my favorite things

If you work M-F, you've got to find something to love about Monday. Mine is my gig as host of that

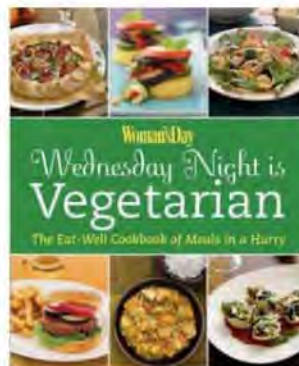


day's Radio WD show, Live Well Every Day, where I interview experts about all sorts of interesting stuff. Our shows air live Monday through Friday from noon to 12:30 P.M. Eastern, broadcast via computer (go to [blogtalkradio.com/radiowd](http://blogtalkradio.com/radiowd)). Tuesday is food, Wednesday, health; Thursdays it's our money columnist Mary Hunt, and Friday is all about style and decorating. Tune in!

SNEAK  
PEEK

What you'll find  
in the April 14 issue,  
on sale March 24

**EARN MORE CASH** Supplement your income without cutting back  
**ALLERGY RELIEF 101** Ease your symptoms  
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4

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Easier done  
than said.

### Brie en Croute

#### Ingredients

- 1/2 of a 17.3-ounce pkg. Pepperidge Farm® Puff Pastry Sheets (1 sheet)
- 1 egg
- 1 tbsp. water
- 1/3 cup dried cherries, softened\*

#### Directions

Thaw pastry sheet at room temp. 40 min. or until it's easy to handle.  
Heat oven to 400°F. Beat egg and water in a small bowl.  
Unfold the pastry sheet on lightly floured surface. Roll sheet into a 14-in. square. Stir cherries, pecans, honey and rosemary in bowl. Spread cherry mixture onto center of square. Top with cheese. Brush edges of pastry with egg mixture. Fold two opposite sides over cheese. Trim remaining two sides of square to 2-in. from edge of cheese. Fold sides up onto cheese and press edges to seal. Place seam-side down onto baking sheet. Decorate top with pastry scraps or additional rosemary, if desired. Brush with egg mixture.  
Bake for 20-25 min. or until pastry is deep golden brown. Let stand for 45 min.  
\* Soften cherries in 1/2 cup hot water. Let stand for 1 minute. Drain and pat dry.

- 1/4 cup chopped toasted pecans
- 1/4 cup honey
- 1/2 tsp. chopped fresh rosemary leaves
- 1 (13.2 ounces) Brie cheese round

For a video of this recipe and other inspiring ideas, visit [puffpastry.com](http://puffpastry.com).

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# live well

## take 15 minutes

Start a collection. Don't you feel wonderful when you're surrounded by things you love? They could be objects you already own (pull your china out of storage and display it in a hutch) or something new: tin canisters, antique keys, porcelain fruit. Be on the lookout for like items at garage sales, on eBay or in discount stores. They'll look beautiful grouped on a bookshelf or coffee table.





# how to

## add an hour to your day

IT IS POSSIBLE, if you cut out four daily time wasters, says Jamie Novak, author of *1000 Best Quick and Easy Time-Saving Strategies*.

**>> DOZING OFF** Most people hit the snooze button three times. Plug in your alarm clock across the room so you're not tempted to sneak in extra shuteye.

**Time saved: 21 minutes**

**>> ROOTING THROUGH COSMETICS** Group morning and evening makeup in separate clear bags. Now, when you want your neutral-colored lipstick, not your saucy-red evening shade, you'll know just where it is.

**Time saved: 10 minutes**

**>> GETTING CAUGHT IN THE WEB** Minutes can turn into hours when you're Googling. Set a timer, and when it goes off, that's it. **Time saved: 40 minutes**

**>> OPENING MAIL** Speed up the process with a letter opener and don't even bother with junk mail. Toss it straight into the recycling bin or shredder.

**Time saved: 6 minutes** *Jennifer Matlack*

**TOTAL TIME  
SAVED:  
1 HOUR AND  
17 MINUTES**



WD  
LOVES...

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the day after  
taxes are due

Getting an extra  
hour of daylight

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(\$24.99;  
[payless.com](http://payless.com))



## debug YOUR COMPUTER

Sick of spam, slow downloads and other troubles? Joey Jason, Secret Weapon Agent for the Geek Squad, has easy fixes.

**Update** Your operating system and security software must be up-to-date to work efficiently. For most, you can set up daily or weekly updates that will automatically check for you online; or go to the manufacturer's website for the latest downloads and problem patches.

**Dump** While in use, an operating system or browser may set up temporary or cache files that slow your computer. Clean them every two weeks. PC users: Go to *My Computer*, right-click *C:* drive, select *Properties* and *Disk Cleanup*; check *Temp Files* and *Recycle Bin*, click *OK*. (Macs self-clean.) To tidy the browser, type "clear cache" in the Help menu for how-tos.

**Filter** Through your e-mail server, set your spam filter on *High*. Under browser Preferences, select the *No Cookies* or *Ask* options. *Cheryl Solimini* ▶







*Before*



*After*



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## 8 WAYS TO BRING ON SPRING

- 1 Place pots of forced spring bulbs (hyacinths, tulips, daffodils, crocuses) throughout the house.
- 2 Swap curtains for white sheers.
- 3 Dress your bed in pretty floral-patterned cotton linens.
- 4 Ditch lipstick in favor of gloss with a hint of color, like peach.
- 5 Opt for knits—just choose lightweight versions in citrusy colors.
- 6 Carry a canvas tote. Instead of boring beige, try a black-and-white print.
- 7 Slip on a pair of floral flats.
- 8 Put apple-scented soaps in the bathroom.



### GET INSPIRED!

## THE KINDNESS OF STRANGERS

**THEY GO BY FIRST NAMES ONLY** and avoid recognition. Sounds like a group of secret agents, but they're actually 12 women in Lincoln, Nebraska, who've made it their mission to provide help anonymously. As members of the Random Acts of Kindness group, these do-gooders meet monthly at rotating parties. Each person donates \$20 (the host, \$30) to help a stranger in need whom they've heard about from

organizations, friends or the local paper. The \$250 is sent to the recipient with a note that simply reads, *From 12 women who care.*

"Sometimes, people just need a little hope," says founder Debby, 57, who started the group in 2004. *Melinda Dodd*



What's the best April Fool's prank you ever pulled?

"I made a 'sponge' cake out of real sponges and frosting for a family member. You should have seen him try to cut into it."

*Mary Lou Hill, Athens, AL*

"I stitched the waistbands of my husband's underwear together. When he pulled out a pair, he got a whole row of them."

*Faith Brockman, Harrisburg, PA*

"I got in the car wearing pajamas and hair curlers and drove my kids to school. They were mortified." *April Crawford, Temecula, CA*

## get a bigger tax refund

Often-overlooked deductions can help put more money in your pocket the next time tax season rolls around. For instance, you can give *and* receive if you make a charitable contribution on your credit card in December that you won't have to pay until January, says Jeff Schnepfer, author of *How to Pay Zero Taxes, 26th edition*. You get to take the deduction for the year you make the charge, not the year you pay it.

Similarly, if you mail your January 1 mortgage payment before December 31, you'll get to deduct the interest for the year in which you wrote the check, says Stacy Francis, a certified financial planner in New York City. Remember, the payment won't be included on the 1098 from your bank; you'll have to add it to your tax return. *Karen Leland wd*





IT TOOK YOU  
**15 MINUTES**  
TO DECIDE WHAT TO WEAR  
THIS MORNING.

CHOOSING A  
**SENSIBLE LUNCH**  
WILL GO MUCH QUICKER.



**Grilled Chicken Wrap**

Grilled all white meat chicken breast, fresh lettuce, ripe tomatoes and light ranch wrapped in a warm flour tortilla.



**Grilled Chicken Sandwich**



**Grilled Chicken Salad**



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# womansday.com

Your navigation guide to WD on the Web



## 15 magnificent muffins, scones & biscuits

What do we love about breakfast breads? The fresh oven-baked smell that fills a room...the way they pair perfectly with flavored butters and jams... From Sweet Biscuits with Strawberry Butter to Cranberry-Pistachio Muffins, at [womansday.com/breads](http://womansday.com/breads) we've got a delicious selection that'll have everyone wanting more.

## SILLY CAKE CONTEST

Xylophones, iPods and dragons, oh my! At [WomansDay.com](http://WomansDay.com), we believe that if there's a will, there's a cake—no matter how silly. Visit

[womansday.com/sillycakecontest](http://womansday.com/sillycakecontest) beginning March 3, 2009, to submit a photo of your creation. Your kooky cake could be featured on the website!



## take time off in Texas

One lucky family will receive a four-day, three-night stay for four at the Great Wolf Lodge in Grapevine, Texas. The winner and guests will enjoy accommodations including indoor waterpark passes, daily breakfast and tokens for the Northern Lights Arcade.

**\$1,200**  
PRIZE VALUE



## 3 things

you'll discover online this month

- 1. Spring-cleaning checklists** for your kitchen, bedroom, home office and more. [womansday.com/springclean](http://womansday.com/springclean)
- 2. Our one-stop sweepstakes shop:** Drop by for a chance to win tons of incredible prizes from [WomansDay.com](http://WomansDay.com) and our sister sites [Elle.com](http://Elle.com) and [PointClickHome.com](http://PointClickHome.com)! [sweepstakes.womansday.com](http://sweepstakes.womansday.com)
- 3. Woman's Day Community**, where you can chat with other group members about recipes, crafts or whatever's on your mind. [community.womansday.com](http://community.womansday.com)



# Bipolar Disorder can affect your job, family, and friends.

You can spend years managing the extreme ups and downs, the mood swings and relapses, trying to control your manic symptoms.

## Maybe ABILIFY can help

ABILIFY helps control the symptoms of bipolar mania and reduce the risk of manic relapse. It is used for short-term and maintenance treatment of manic or mixed episodes in adults with Bipolar I Disorder.

ABILIFY was shown to have a low risk of significant weight gain in 3-week clinical trials in adults.\*

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**Ask your healthcare professional if once-a-day ABILIFY is right for you.**

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\*Significant weight gain in adults: ABILIFY 2%, sugar pill 3%.

### IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Alert your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called neuroleptic malignant syndrome (NMS)
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of tardive dyskinesia (TD), which could become permanent
- If you have diabetes or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- Other risks may include lightheadedness upon standing, seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The common side effects in adults in clinical trials ( $\geq 10\%$ ) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please read the Important Product Information about ABILIFY on the adjacent page.

**ABILIFY**  
(aripiprazole)  
2, 5, 10, 15, 20, 30 mg Tablets

**For The Road Ahead**  
[www.abilify.com/bipolardisorder](http://www.abilify.com/bipolardisorder)

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to [www.pparx.org](http://www.pparx.org)







## IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and does not take the place of discussions with your healthcare professional about your treatment. Please read this important information before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

**Name**  
ABILIFY® (a-BIL-i-FI) (aripiprazole) (air-rī-PIP-ra-zoll)

### What is ABILIFY?

ABILIFY (aripiprazole) is a prescription medicine used for treatment of adult patients with manic or mixed episodes associated with Bipolar I Disorder.

### What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

### Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

### What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

**Stroke or ministroke in elderly patients with dementia:** An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

**Neuroleptic malignant syndrome (NMS):** Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

**Tardive dyskinesia (TD):** Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

**High blood sugar and diabetes:** Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

**Orthostatic hypotension:** Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

**Suicidal thoughts:** If you have suicidal thoughts, you should tell your healthcare professional right away.

**Dysphagia:** Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

### What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety,

agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

### Tell your healthcare provider:

- About any medical conditions you may have
- Whether you're taking any other prescription or nonprescription (over-the-counter) medicines
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

### What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

### What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

### What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was ABILIFY (11%) and for patients treated with sugar pill (9%).

### Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines\* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

### General advice about ABILIFY:

- ABILIFY is usually taken once a day, with or without food
- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMLT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

### Find out more about ABILIFY:

Additional information can be found at [www.abilify.com/bipolardisorder](http://www.abilify.com/bipolardisorder)

\* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 05/08 1239550A2.



Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.  
Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.  
Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA  
Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.  
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# frugal & loving it

My family has cut back on the little things, and we're saving big

by Andrea Atkins



THIS MORNING MY 14-YEAR-OLD ASKED in a plaintive voice, “Mom, can you please get some new cereal?”

Her older sister chimed in, “Yeah, and we could really use some bread.”

Normally, I would have stopped on my rounds and picked up these staples as soon as I noticed they were low. But in my new world of recession reality, I’m sticking to new rules: one trip a week to the grocery store. If we finish things before the week is up, we’ll have to make do.

Serious times call for serious measures. It’s not as if my husband has lost his job, or that I’m unemployed. But I work in the media, which hasn’t been immune from the economic freefall. And my husband has his own business, which is hardly recession-proof either. We’re living with this feeling that at any minute the other shoe may drop.

So I decided to try a month-long experiment to see what small changes I could make at home. Economically, I’ve always taken a casual, “whatever” attitude, enduring lectures from my husband about how I should be more careful with money. Now seemed like a good time to see what good I could do, even if it was small.

I started with groceries. I found that limiting my trips to the supermarket to one weekly “big shop,” as I like to call it, curbs the temptation to buy things I impulsively pick up on a quick spin through the aisles. Since those “side trips” usually wind up costing between \$20 and \$30 a pop (do you ever spend less than \$20 at the grocery store?), I estimate that I saved \$80 this month. Over a year, that’s \$960!

This once-a-week shopping has also led us to eat a lot of the food that’s been sitting in the kitchen, sometimes for months. Take cereal, *(Please turn to 24)*



# Vyvanse: Now 3 million prescriptions filled for ADHD.

**Consistent Cara  
throughout the day,  
even at 6 PM.**

**When Cara's ADHD symptoms are consistently controlled, she can focus on her lessons so others can see the child I see.**

Vyvanse has been shown to provide significant symptom control for up to 12 hours from morning through homework and family time.

**If your child with ADHD has trouble focusing, ask the doctor about Vyvanse.  
1-866-630-1283, [www.vyvanse.com](http://www.vyvanse.com)**

CONSISTENTLY VYVANSE

**Vyvanse**™  
(lisdexamfetamine  
dimesylate) capsules

## IMPORTANT SAFETY INFORMATION

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

**Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have.** Inform the doctor **immediately** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor **before** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures

or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor **immediately** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

**Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.**

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

**Please see Patient Brief Summary of Full Prescribing Information on the following page.**

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**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**



## MEDICATION GUIDE

### VYVANSE™ (lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

#### What is the most important information I should know about Vyvanse?

Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

##### 1. Heart-related problems:

- sudden death in patients who have heart problems or heart defects
- stroke and heart attack in adults
- increased blood pressure and heart rate

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

**Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.**

##### 2. Mental (Psychiatric) problems:

###### All Patients

- new or worse behavior and thought problems
- new or worse bipolar illness
- new or worse aggressive behavior or hostility

###### Children and Teenagers

- new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

**Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.**

#### What is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD). Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

**Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.**

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

#### Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
  - have moderate to severe high blood pressure
  - have hyperthyroidism
  - have an eye problem called glaucoma
  - is sensitive to, allergic to, or had a reaction to other stimulant medicines
  - are very anxious, tense, or agitated
  - have a history of drug abuse
  - are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

**Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:**

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)
- tics or Tourette's syndrome

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

#### Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

#### Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- blood pressure medicines
- narcotic pain medicines
- lithium
- seizure medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

**Do not start any new medicine while taking Vyvanse without talking to your doctor first.**

#### How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

#### What are possible side effects of Vyvanse?

See "What is the most important information I should know about Vyvanse?" for information on reported heart and mental problems.

#### Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

#### Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities. Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

#### General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

#### What are the ingredients in Vyvanse?

**Active Ingredient:** lisdexamfetamine dimesylate

**Inactive Ingredients:** microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

**This Medication Guide has been approved by the U.S. Food and Drug Administration.**

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Last Modified: 11/2008

LDXMG13

 Shire



# Vyvanse: Now approved for adults with ADHD.



“When my ADHD symptoms are controlled, **I can focus and finish what I start.**”

In a clinical study of adults with ADHD, once daily Vyvanse significantly improved symptoms of inattention (eg, lack of focus), hyperactivity, and impulsivity within one week.

**If you have ADHD and have trouble focusing, ask your doctor about Vyvanse.**  
1-866-630-1283, [www.vyvanse.com](http://www.vyvanse.com)

NOW FOR ADULTS WITH ADHD

**Vyvanse**™  
(lisdexamfetamine  
dimesylate) capsules

## IMPORTANT SAFETY INFORMATION

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Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

**Please see Patient Brief Summary of Full Prescribing Information on the previous page.**

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**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**



## FRUGAL AND LOVING IT

CONTINUED for instance. My daughter was asking for new cereal not because we'd run out, but because she was tired of the same-old. I'm not opposed to variety, but by waiting to shop, I'm forcing their hand (or their spoons, so to speak.) If there's no new cereal in the cabinet, they'll have to finish the Rice Krispies before I head out for a

they've lowered their coolness factor and are brown-bagging it—at a savings of about \$2 each. Again, a small change, but one they've actually enjoyed. “That was a delicious pear, Mom,” one said the other day after school.

The kids aren't the only ones experiencing tweaks in their routine. Last month, I started ordering my two monthly prescriptions through a

can do to change it—you don't want to postpone preventive health appointments and risk winding up with something really costly. With that in mind, I kept my recent dental appointment. It was just a cleaning, and I usually have one every six months, but after consulting with my sympathetic dentist, we agreed that, based on my history, my teeth would be fine if I came in twice every 18 months instead of twice a year. We have dental insurance, but it still costs me \$90 every time I visit (and that's not including X-rays, fillings or other services). So instead of spending \$180 every year, I'll spend \$180 over 18 months. A slight savings, but a savings nevertheless.

My strategies were beginning to excite me, until the holiday season arrived. The stores had so slashed prices, buying gifts was easy—a sweater here, a wallet there. And all of it on sale! Before I knew it, I'd dropped some serious cash. But I did learn something in the process: If you stay out of the stores, the temptation to shop is diminished.

As I was purchasing gifts, there were items catching my eye that I hadn't even realize I coveted. As I stood paying for the wallet I bought my daughter, the shiny new handbags beckoned me from their shelves. *Pick me, I'm 30% off! No, me! I'm 40% off, plus that coupon you have could make me even cheaper!!* It made me realize how susceptible I am to a well-displayed item—and I doubt I'm the only one. My fellow shoppers and I were fingering chunky boots, soft scarves and more. Right there I vowed, *As long as the recession lasts, I'm staying out of the stores!*

For birthday presents, anniversary gifts or even for my own needs, I'll shop the Internet, registering at sites like FatWallet.com, a portal you can use to obtain a discount (usually 15%) off the things you buy from e-retailers' sites. You can also Google



Andrea, right, and her husband and daughters have made saving money a family project.

Now seemed like a good time to see how small changes add up.

new box of Cheerios. And maybe I'll really remember to defrost that chicken that's been in the freezer for three months, instead of running out to buy a new package. As for the bread, I try to always have another loaf in the freezer, but if that's used up, well, they can substitute an English muffin until grocery day comes around.

Seeing how much I began to save on groceries, I turned to other areas. My girls are now in high school, and carrying a brown-bag lunch is just embarrassing. While our school district provides a decent low-cost lunch, it's still more expensive than if I pack it at home. So once a week,

mail-order plan provided by my insurance company. I guess I didn't do it before because it seemed so complicated (the doctor had to write new prescriptions, I had to fill out a form, I had to mail it in...). Turns out my doctor's office was very familiar with the procedure, and even faxed in the form for me—it was a snap. The two medications I take cost a combined \$75 a month at my local pharmacy. For a three-month supply of the same drugs, I paid about \$121 through this plan. Not bad! If you spread that over a year, I'm saving \$416 on medication.

Health care certainly eats up a budget. And there's not much you

*Psst... Record every purchase for a month. Vow to cut out any that weren't needed.*



“promotion codes for [fill in the store name]” and you’ll be led to an online ordering code that may result in discounts or free shipping. And, in some cases, you can use both!

While on the computer, I also registered at [dmachoice.org](http://dmachoice.org) and took my name off a half-dozen catalog mailing lists. Page through those beautiful catalogs and you begin to think you need new throw pillows, a nicer dining table, new bath mats. I’ve noticed, though, that when I simply sit down on my couch at the end of the day with a magazine or a book instead of a catalog, I’m able to think, *What a nice house this is*. In recession mode, I’m learning to appreciate what I have rather than be reminded of what’s missing.

Besides cutting off catalogs, I’ve also set up more online bill paying. My phone and electric bills are already automatically deducted from my checking account each month, but I’ve now set up my credit card and department store bills as well. I can protect against late fees and finance charges by paying them exactly when they’re due, and I’m saving on postage, too.

Deciding I wanted to tackle entertainment expenses, I bought discounted movie tickets on a recent

trip to Costco. For \$39.99, I bought five tickets to AMC theaters (the chain that’s near my house). That comes to \$7.99 per ticket, a savings over the usual \$10.50. Costco also sells discounted tickets for Regal Cinemas and Cinemark ([costco.com](http://costco.com)).

While I’m willing to drive to the movies for a night out, I’m trying to cut down on driving to other places. The price of gas is dropping; still, I don’t believe it will stay this way. One of my daughters was none too happy the other day when I declined to pick her up from a friend’s house and asked her to walk home instead. I felt it was good for my wallet, good for her character and good for the environment, too.

My month-long adventure into recession living is really just the tip of the economic iceberg, which I hope does not float any farther into our home. What I realized, however (much to my husband’s delight), is that it isn’t that difficult to achieve some savings. Best of all, we didn’t really give up anything in the process—we just found new ways to get to the same end. I will continue to look for the small savings, losing my “whatever” attitude and replacing it with “wherever.” As in, wherever we can save, we will. **wd**

## change those quick decisions

In life, we’re always making split-second decisions. But when you’re cutting costs, those “didn’t even think about it” moments can make a difference. Consider these:

**out to lunch** “Would you like something to drink?” the waitress asks. Rather than order your usual diet cola, you say, “Just water.” Split-second savings: \$2.50 to \$3.50.

**at the supermarket** You reach for your usual brand of pasta—but the store brand is 40¢ cheaper per box. Split-second savings: \$1.60 on four boxes. (Repeat on several products for more savings.)

**at the doctor’s office** The doctor says, “Start taking this medication.” You say, “Is there a generic available?” Split-second savings: \$50 or more.

**at the movies** Your husband says, “You want popcorn?” You say, “Nah, let’s have a snack at home after.” Split-second savings: Well, you know how much movie popcorn costs!

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to download your  
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Please see Important Safety Information and Patient Brief Summary of Full Prescribing Information on the previous pages.





# can we afford a vacation?

Yes! If you follow our low-cost family getaway guide by Lisa Collier Cool

**J**UST BECAUSE THE economy's down, it doesn't mean you have to sit home this summer. We've researched the best cost-cutting tips, surprising freebies and hidden bargains, so you *can* have a fun family vacation—without breaking the bank.

## WHERE TO GO

With theme park prices through the roof, sometimes it pays to think outside the box.

**national parks** There are more than 400 of them in the United States, with something for everyone—from historic sites to campgrounds to seashores. Best of all, they're some of the most affordable destinations around. An annual pass for up to four adults is \$80 and kids under 16 get in free. ARAMARK Parks and Destinations ([aramarkparksanddestinations.com](http://aramarkparksanddestinations.com)), a park concession, offers an array of guided tours, so you can go whale watching, visit cliff dwellings, enjoy scenic dinner cruises and more. To find a park near you, visit [nps.gov](http://nps.gov)

**farm stays** Also called "haycations," these fun getaways put you right in the middle of a working farm, complete with animals, fresh-picked food and a rustic-yet-comfy bed-and-breakfast. And they're easier on your wallet than a theme park, as Mary Ellen Ynes discovered when she and her family spent their vacation at Leaping Lamb Farm in Alsea, Oregon. "We spent approximately \$400 on a five-day trip, about a quarter of what we likely would have paid at Disneyland," says the mom of two, who lives in Redwood City, California. "My kids loved feeding the sheep, picking eggs with the farmer's wife each morning and riding a donkey," (Please turn to 28)





Small price.  
Big cheese-eating grin.



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ABOUT A DOLLAR A BOX, YOU'LL LOVE IT EVEN MORE.

[thecheesiest.com](http://thecheesiest.com)



## AFFORD A VACATION

CONTINUED she says. To plan a farm stay, go to [agrisport.com](http://agrisport.com)  
**volunteer vacations** It's travel with a heart—spend less and contribute more by aiding a worthy cause. For outdoor fun, sign up for a one-week trip with American Hiking Society ([americanhiking.org](http://americanhiking.org)), a nonprofit group that maintains public hiking trails. “Most trips build in time for swimming, visits to a nearby summit and more,” says Karen Berger, author of *Backpacking and Hiking*. Trips cost \$275 per person, including meals. If your kids want one-on-one time with animals, consider visiting an animal sanctuary where you can care for orphaned wildlife. (Age requirements, fees, if any, and activities vary.) Go to [greenpeople.org/AnimalSanctuary.html](http://greenpeople.org/AnimalSanctuary.html) for a list of more than 400 sanctuaries. To find other volunteer vacation ideas, visit [charityguide.org](http://charityguide.org)  
**one-tank wonders** Stay close to home and still have a great time (plus save on travel expenses) by opting for a summer getaway that you can reach

with one tank of gas or less. Check out [tripadvisor.com/tankofgas](http://tripadvisor.com/tankofgas) for destination options, then research sights and activities online. If a local bed-and-breakfast stay is on your agenda, look for one that's part of the Free Gas promotion: Guests get a gas rebate or a gas card for refueling. Find participating B&Bs under “Special Packages” at [bedandbreakfast.com](http://bedandbreakfast.com)



St. Mary Lake  
at Glacier  
National Park  
in Montana.

## GET THERE ON THE CHEAP

If you're flying or renting a car, a few clicks on the computer (and a little dollar-wise know-how) can help keep costs down.

**airlines** Don't just price flights to your destination. Check nearby airports too. That simple change can cut costs dramatically, even if you need to rent a car and drive an hour or two. Being flexible about the timing of your trip can also pay off. [farecast.com](http://farecast.com) pinpoints the cheapest dates to travel, and [yapta.com](http://yapta.com) tracks airline prices and alerts you by e-mail if the fare drops. The site even monitors fares after you book and notifies you if you're eligible for a travel voucher. (Most airlines have a guaranteed fare policy that lets you claim a credit if the price falls after purchase.)

**car rentals** Steer clear of airport car rentals, since you'll typically pay a premium for the convenience. Take public transportation to town and pick up your rental there—it's usually cheaper. Also, watch out for costly add-ons, such as a prepaid tank of gas and daily fees for insurance, which often duplicates coverage you already have on your auto policy.

You'll find great bargains at [breezenet.com](http://breezenet.com), or save even more with American Express, which has a discount car rental program. Just go to [americanexpress.com](http://americanexpress.com), click *Travel*, then *Cars* (in the toolbar), select a rental company and book your car online for automatic savings or upgrades. Best of all, you don't have to be a cardmember to participate; you can simply sign up as a guest to get the same cost-cutting rates. Don't forget to check various car rental sites directly too for hot deals.

(Please turn to 30)

## “it worked for me!”

“If I see a bad review of a hotel we'll be staying at, I e-mail a link to the manager and say, ‘I hope we don't have similar problems.’ It's amazing how the level of service goes up. We were once upgraded to a \$1,000-a-night suite, simply because I did this.”

Valerie Paxton, Phoenix

“Go to the Convention and Visitors Bureau or Chamber of Commerce and get the scoop from employees. They often have coupons, know the best free attractions and have insider tips that will save you money.”

Beth Blair, Oro Valley, AZ

“Hire your neighbor's teenager to drop you off and pick you up at the airport. It's cheaper than a cab or airport parking.”

Kellie Pelletier, Norwalk, CT

“Go off-season. We went to Disney World in September, and not only were there no lines at any of the parks, but we got a nice three-bedroom condo for about \$70 a night.”

Kathryn Alice, Venice, CA

“I have three teenage boys, and when we eat out, I tell them how much they're allowed to spend per person, like \$4 or \$5. This forces them to think about whether they really want that expensive soda or those extra fries.”

Luanne Berk, Canton, MI



Which dog has more spots?



Which sock is whiter?



leading detergent alone

leading detergent plus  
Clorox® Bleach

Obviously.





## DINE ON A DIME

Keep meals from taking a hefty bite out of your wallet with these bill-slashing strategies.

**make lunch your main meal**

Longing to try a fancy restaurant? Go midday. The prices are typically lower than during dinner and it's easier to get a reservation. To make sure the lunch fare is within your budget, browse the menu beforehand at sites like *opentable.com*, which features menus from thousands of restaurants.

**take advantage of freebies**

Find restaurants in your destination city that offer "kids eat free" nights or discounts at *mykidseatfree.com* and *kidsmealdeals.com*. If one of your children has a birthday in the month you'll be traveling, many chains, including Red Lobster, Friendly's and

Denny's, have clubs that kids (and sometimes adults) can join online to get coupons for free appetizers, desserts or a meal. Find them at *freebirthdaytreats.com*

**skip the drinks** When you're sightseeing, carry water bottles and flavored mix to make your own lemonade, tea or sports drinks, instead of buying pricey beverages at concession stands. At restaurants, have everyone stick to water to save a few bucks or go to places that offer free drink refills.

**order off the menu** You can often negotiate a special price for a simple kids' meal that's not on the menu, such as pasta or chicken without fancy sauce. Also, consider splitting entrées between family members, since restaurant portions tend to be large. Extra plates are usually free.

## LODGE FOR LESS

Alternatives to hotels may not offer maid service, but the price tag can be much more affordable.

**rent a house** "It's usually cheaper for families to rent a vacation home for a week than to spend seven nights in a hotel," says Gregory Karp, author of *Living Rich by Spending Smart*. "You'll get more space for the money and will save on food by cooking meals." Go to *homeaway.com*, *vacationhomes.com* or *vacationhomerentals.com*

**try a hostel** Not just for backpackers, many have family rooms that sleep four to eight people. "Hostels are all over the U.S. and some are in very nice, historic buildings," says Pauline Frommer, creator of *Pauline Frommer's Travel Guides: Spend Less, See More*. Check out *hostelworld.com*

Thurs. 5:18 p.m.  
Daughter's first roller coaster

Fri. 10:02 a.m.  
Son's first white water

Sat. 7:21 p.m.  
My first doubleheader





for a rundown of 17,000 hostels, including customer reviews.

### **join a hospitality club**

Volunteers host travelers in their homes for free and even offer city tours at no cost. Membership is free at [hospitalityclub.org](http://hospitalityclub.org) and you're not obliged to host guests in your home. The site has more than 328,000 members and employs security measures to protect all parties.

**swap homes** Trading houses with another vacationing family is a growing trend. To make it work, take precautions: Get references. Agree on house rules. Have several phone chats to make sure you're comfortable with them. Request home photos or videos. Lock valuables in a safe, or leave them with a friend. Have a neighbor check your home while you're away. Learn more at [homeexchange.com](http://homeexchange.com) **wd**

## exclusive deals just for you

**SIX FLAGS THEME PARKS** For every adult general ticket admission purchased at any Six Flags Theme Park, you'll receive a free child's ticket (under 48" tall) valid on any regular operating day from March 3, 2009, through June 30, 2009. To redeem, go to [sixflags.com](http://sixflags.com) and enter promo code: **womansday**

**STARWOOD HOTELS** Receive 60% off nightly rates at participating Sheraton and Westin villa properties in the U.S., Mexico and the Caribbean by calling 800-325-3535 and mentioning rate code **WDMAG**. You must book between March 24, 2009, and June 30, 2009, and you must travel by December 20, 2009. *This rate is subject to availability. Some blackout dates apply and are based on location and seasonal demand.*

**KIMPTON HOTELS** With the "KimptonKids Break-ation" package, you'll receive 20% off the best available rate at all of Kimpton's Boston and several New York City hotels. The package is valid from April 1, 2009, until September 1, 2009. To book, call 800-KIMPTON and ask for rate code **PWMD**. *Rates are subject to space, availability and change. Taxes and gratuities are not included. Package must be booked 48 hours prior to arrival. Blackout dates may apply.*

*Sun. 11:09 a.m.*

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# would you like fries with that baby?

# m

MEET MY GREAT-GRANDCHILD, "PAUL."

A blue-eyed, graceful six-footer who's one of the country's fastest runners in his age class. Stratospheric IQ. Healthy, too—not a hint of autism, asthma, allergy or high cholesterol. Paul loves broccoli and Brussels sprouts. He never bullies other kids, lies, cheats or steals. Paul even picks up wet towels from the floor without being nagged!

Wishful thinking? Nope, genetic engineering! OK, so science hasn't yet identified the tidy gene, but just give it a generation or two. Believe it or not, everything else about "Paul" is either already possible to select before birth or the relevant genes have been identified, paving the way.

My personal experience with the sci-fi world of genetics has been, like most parents', pretty much limited to observations like, "He has his daddy's smile!" But that's changing faster than you can say, "So have you had Junior tested for the jock gene yet?"

Thanks to the decoding of the human genome, last year saw a flurry of reports about "reprogenetics." That's the crossroads of reproductive technology (like IVF) and genetics, which increasingly allows prospective parents to choose certain traits (like which gender) and eliminate others (like high odds of getting a dreaded disease). Now for "parentingenetics"—raising your child by the numbers encoded in his DNA.

Exhibit A: The Atlas First, a new genetic test that tells you what sports your child has a natural disposition for, based on which variants of the ACTN3 gene he was born with. Its makers recommend it for ages 1 to 8. No longer does a proud papa need to wonder about the quarterback prospects of the little tyke lying in the crib. Now a \$149 swab of saliva can tell him.

If you think the mompetition over whose team advances (Please turn to 34)





# If you like the new Happy Meal® choice, raise your hand.



## **The New Grilled Chicken Snack Wrap® Happy Meal.**

Warm and tender all white meat chicken, shredded lettuce and cheese folded deliciously in a soft tortilla. Your kids will love it and you will love that they do. It's one of many great Happy Meal choices.





## FRIES WITH THAT BABY?

CONTINUED furthest in the Pee Wee league is tiresome now, just wait for the pressure to get a profile of your child's genetic potential—and then to line up the proper regimen of trainers, tutors and opportunities to enrich those encoded inclinations to the fullest.

All this makes me tired just thinking about it.

Giving your child “advantages” will no longer mean buying a house in a good school district and signing her up for piano lessons. It'll mean gaming the genetic system. If she doesn't have the “piano gene,” why waste your time and resources on lessons?

Never mind that most human behavior largely results from neither nature (the genes you're born with) nor nurture (everything that happens after that), but a fancy tango between the two. An estimated 25,000 genes make up the human genome. Some 200 of them—so far—help determine athletic performance. That new Atlas jock test looks at only *one*.

Accuracy is one pitfall when genes are overemphasized; perception is an even bigger one. If you knew your child had it in his bones (literally!) to be the next

Michael Phelps, would that make you unintentionally blind to his other shining qualities—his talent for math, his natural leadership? Or say you groom your future swimming star with years of intensive practice and private coaching, but what the boy decides he really wants is to study ballet. Can a parent with so much invested in perfecting a backstroke shrug it off? I can see such a child submerging his artistic interest because he doesn't want to disappoint his parents, only to rebel down the road.

If raising four kids has taught me anything, it's that my central mission is supporting them in their journey to figuring out who they are. (Emphasis on *their*.) My firstborn probably has those gene variants that show endurance and speed—not that in a million years I'd test him for it. He's a 6'2" natural athlete, so I expected he'd be a sports star like his uncles. Indeed, he's played lots of sports, done well, and enjoyed them. The



language of his soul, though, happens to be music, not sweat.

Fine by me. I didn't need a genetic road map to tell me how to raise him. We've encouraged sports and music in all four of our kids regardless of aptitude. Sports, for example, aren't about scholarships, they're about camaraderie and teamwork, following rules and burning off abundant kid energy. Those Friday-night lights would be pretty dim if every high school game—every under-10 game!—were a Super Bowl-like clash of elite athletes groomed from birth. Nor does it sound like much fun making first chair in a high school orchestra where everybody is first chair.

Having hopes and dreams for your child is one thing. But trying to micromanage her at the construction level sets an ominous precedent—not to mention adds a whole new dimension to the phrase “control freak.” Raising a child is less about exerting control than it is about figuring out how to slowly and gradually hand over more of it.

I'm sure I'll be delighted by a great-grandson Paul who hates broccoli and leaves wet towels on the floor, just as I love his Grandpa Henry who does the same—a child who came to me as a delightful mystery, a present I unwrapped one day at a time. **wd**

## the end of down syndrome?

PREGNANT WOMEN ARE routinely screened for Down syndrome, the most commonly occurring genetic condition. But this year a new noninvasive test will become available that can diagnose Down syndrome and other chromosomal issues with nearly 100% accuracy early in the first trimester.

Not everyone agrees on whether this is a good thing. About 90% of those whose fetuses test positive for Down already choose to abort. With fewer cases being born, parents of children who have Down syndrome worry about support and resources drying up. Parents of children with Down syndrome usually say they can't imagine life without their child. Which opens the question: Who decides which genes are unacceptable? Bioethicists note that if you can eliminate Down, what about genetic alcoholism, obesity or ADHD, or even homosexuality, shyness or freckles?



# Help for Fibromyalgia pain can start here. Ask your doctor about Lyrica.<sup>®</sup>



**LYRICA<sup>®</sup>**  
PREGABALIN<sup>®</sup>  
capsules

If you suffer from Fibromyalgia (the real, widespread muscle pain that also makes daily tasks difficult), you should know about prescription Lyrica (LEER-i-kah). It's not an antidepressant. Lyrica is an FDA-approved treatment for Fibromyalgia. And clinical studies have shown that Lyrica can help reduce the unique pain of Fibromyalgia and improve function. Lyrica helps people with Fibromyalgia accomplish their daily activities. And it helps them feel better. If you have Fibromyalgia, ask your doctor if Lyrica is right for you.

**Prescription Lyrica is not for everyone.** Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue or neck or affects your breathing or your skin. Also tell your doctor about any changes in your eyesight, including blurry vision, or muscle pain along with a fever or tired feeling. Some of the most common side effects of Lyrica are dizziness and sleepiness. Others are weight gain, blurry vision, dry mouth, feeling "high," swelling of hands and feet and trouble concentrating. You may have a higher chance for swelling and hives if you are also taking certain high blood pressure medicines. Do not drive or operate machinery until you know how Lyrica affects you. Do not drink alcohol while taking Lyrica. Be especially careful about medicines that make you sleepy. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Talk with your doctor before you stop taking Lyrica or any other prescription medication. Lyrica is one of several treatment options for you and your doctor to consider.

*Please see important product information on adjacent page.*

**To learn more visit [www.lyrica.com](http://www.lyrica.com) or call toll-free 1-888-5-LYRICA (1-888-559-7422).**

***You are encouraged to report negative side effects of prescription drugs to the FDA.***

***Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.***



# IMPORTANT FACTS

**LYRICA**  
PREGABALIN ©  
capsules

(LEER-i-kah)

## IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious allergic reactions.

Call your doctor right away if you think you have any of the following symptoms of a serious allergic reaction:

- Swelling of the face, mouth, lips, gums, tongue or neck
- Have any trouble breathing
- Other allergic reactions include rash, hives and blisters

LYRICA may make you feel dizzy or sleepy.

- Do not drive a car, work with machines, or do other dangerous things until you are sure you will be alert. Ask your doctor when it is okay to do these things.

LYRICA may cause problems with your eyesight, including blurry vision.

- Call your doctor if you have any changes in your eyesight.

## ABOUT LYRICA

LYRICA is a prescription medicine used to treat:

- Nerve pain from diabetes and nerve pain that continues after the rash from shingles heals

This pain can be sharp or burning. It can feel like tingling, shooting, or numbness.

- Fibromyalgia, a condition which includes widespread muscle pain and difficulty performing daily activities

Some people taking LYRICA had less pain by the end of the first week. LYRICA may not work for everyone.

## WHO IS LYRICA FOR?

Who can take LYRICA:

- Adults 18 years or older with Fibromyalgia, nerve pain from diabetes, or pain after shingles

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

LYRICA has not been studied in children under 18 years of age.

## BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions.

Tell your doctor if you:

- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused drugs or alcohol. LYRICA may cause some people to feel "high."
- Are either a man or woman planning to have children or a woman who is breast-feeding, pregnant, or may become pregnant. It is not known if LYRICA may decrease male fertility, pass into breast milk, or if it can harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal products. Tell your doctor if you take:

- Avandia® (rosiglitazone)\* or Actos® (pioglitazone)\*\* for diabetes. You may have a higher chance of weight gain or swelling if these medicines are taken with LYRICA.
- Angiotensin converting enzyme (ACE) inhibitors
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness if these medicines are taken with LYRICA.
- Any medicines that make you sleepy

## POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- Serious allergic reactions. See "Important Safety Information About LYRICA" for a complete description of the symptoms of a serious allergic reaction.
- Dizziness and sleepiness
- Eyesight problems including blurry vision
- Weight gain and swelling of hands and feet. Weight gain may affect control of diabetes. Weight gain and swelling can be serious for people with heart problems.
- Unexplained muscle pain, soreness, or weakness along with a fever or tired feeling
- Skin sores. LYRICA caused skin sores in animals. Although skin sores were not seen in studies in people, if you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Sleepiness
- Weight gain
- Blurry vision
- Dry mouth
- Constipation
- Feeling "high"
- Swelling of hands and feet
- Balance problems
- Trouble concentrating
- Increased appetite

You may have a higher chance of swelling, hives or gaining weight if you are taking certain diabetes medicines or angiotensin converting enzyme (ACE) inhibitors with LYRICA.

Medicines that already make you sleepy or dizzy may make you feel more sleepy or dizzy with LYRICA.

## HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor may tell you to take it 2 or 3 times a day.
- Take LYRICA with or without food.

Don't:

- Do not drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Do not drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Do not change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Do not start any new medicines without first talking to your doctor.

## NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to [www.lyrica.com](http://www.lyrica.com) or call:
  - For Nerve Pain: 1-888-9-LYRICA (1-888-959-7422).
  - For Fibromyalgia: 1-888-5-LYRICA (1-888-559-7422).

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit [www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com).

 **helpful  
answers**



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Rx only



# style



## take 15 minutes

Dress up in the hottest color for spring without having to face a fitting room. The trend this season is natural tones, and this shimmery brown for nails looks good on everyone. After polishing, use a topcoat to make the color last. Try Sand in My Suit, \$7; [opi.com](http://opi.com) for stores.





# melissa's musts

"Beauty brands are thinking inside the box—the jewelry box, that is! Gemstone-enriched products glam up my routine for less than \$15."



## glow-getter

△Physicians Formula BronzeBrightener has light-reflecting pink and orange sapphire, green tourmaline and citrine for the ultimate luxe glow. (\$14; at CVS)

## shine bright

◁Your lips will dazzle thanks to the diamonds, pearls and opals in Sally Hansen's Diamond 12 Hour Treatment in Solitaire. (\$6.25; at drugstores)

## angel hair

◁Soft, shiny hair isn't a dream with pearl-infused Charles Worthington Heavenly Body Thickening Shampoo. (\$9; at Rite Aid)

## main squeeze

If diamonds are a girl's best friend, then Nivea's A Touch of Sparkle body wash is my soulmate—it's made with ultra-luxurious diamond powder. (\$7; at drugstores) ►

## bling it on

◁Lose the cocktail ring. Add a little sheen with Borghese's aquamarine-, tourmaline- and citrine-packed nail polish. (From top: Peonia Blossom, Piccola Tulip, Giardino Heather. \$8; at drugstores)

## CHECK THIS OUT

Always innovative, Pantene Pro-V has created a new line, Nature Fusion, which contains naturally derived cassia seed extract to help repair hair's health and shine, and protect it from future damage. (\$4; at drugstores)







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**CHAMBERS**



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What are you waiting for?





## bye-bye, dark circles

Celebrity makeup artist Mally Roncal shows us the right way to fake eight hours of zzz's.

**1** Choose a concealer one shade lighter than your natural skin color to hide dark circles and even out skin tone. Use your ring finger (it applies the least pressure) to dab it under eyes and on lids.

**2** Swipe a champagne-colored eyeshadow across your entire lid to create a soft glow.

**3** To brighten eyes, apply white eyeliner to the inner corner and drag inward on top and bottom to where your lashes begin.

**4** Use a highlighter on the bridge of your nose and outer corner of your eyes, blending into your temples, to illuminate the area surrounding your eyes.

**5** Finally, curl your lashes and apply mascara (see box below) to look wide awake. *Janna Johnson*

▷e.l.f. Under Eye Concealer & Highlighter does double duty. (\$3; [eyeslipsface.com](http://eyeslipsface.com))



△L'Oréal's Golden Sunset shadow works on every skin tone. (\$4.25; at drugstores)



△Revlon Matte eyeliner in Pure White is foolproof. (\$10; at drugstores)



◁LaCross Double Curl Lash Curler crimps lashes in two places. (\$7; at drugstores)

## LASH BUT NOT LEAST!

Mascara works wonders to perk up tired eyes. Don't limit your arsenal to just one; try these picks for perfect lashes all week long. *J.J.*

**day** wet n wild Lash Intense has a double-sided brush to separate and lengthen each individual lash without clumps. (\$5; at drugstores)

**night** Swipe on Rimmel Sexy Curves and watch the collagen-enriched formula and triple-plump brush curl lashes. (\$7.49; at drugstores)

**weekend** CoverGirl ExactEylights enhances natural eye color and comes in customized shades to make eyes look four times brighter. (\$9; at drugstores)







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GOURMET ABOUT  
MEAT BY-PRODUCTS.

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*C*ATS DESERVE PURE AND SIMPLE INGREDIENTS.

SHEBA® PREMIUM CUTS® USE ONLY THE  
FINEST FILETS OF REAL BEEF, SEAFOOD OR POULTRY.

**SHEBA®** TASTEFULLY SIMPLE.







## bye-bye, dark circles

Celebrity makeup artist Mally Roncal shows us the right way to fake eight hours of zzz's.

**1** Choose a concealer one shade lighter than your natural skin color to hide dark circles and even out skin tone. Use your ring finger (it applies the least pressure) to dab it under eyes and on lids.

**2** Swipe a champagne-colored eyeshadow across your entire lid to create a soft glow.

**3** To brighten eyes, apply white eyeliner to the inner corner and drag inward on top and bottom to where your lashes begin.

**4** Use a highlighter on the bridge of your nose and outer corner of your eyes, blending into your temples, to illuminate the area surrounding your eyes.

**5** Finally, curl your lashes and apply mascara (see box below) to look wide awake. *Janna Johnson*

▷e.l.f. Under Eye Concealer & Highlighter does double duty. (\$3; [eyeslipsface.com](http://eyeslipsface.com))



△L'Oréal's Golden Sunset shadow works on every skin tone. (\$4.25; at drugstores)



△Revlon Matte eyeliner in Pure White is foolproof. (\$10; at drugstores)



◁LaCross Double Curl Lash Curler crimps lashes in two places. (\$7; at drugstores)

## LASH BUT NOT LEAST!

Mascara works wonders to perk up tired eyes. Don't limit your arsenal to just one; try these picks for perfect lashes all week long. *J.J.*

**day** wet n wild Lash Intense has a double-sided brush to separate and lengthen each individual lash without clumps. (\$5; at drugstores)

**night** Swipe on Rimmel Sexy Curves and watch the collagen-enriched formula and triple-plump brush curl lashes. (\$7.49; at drugstores)

**weekend** CoverGirl ExactEylights enhances natural eye color and comes in customized shades to make eyes look four times brighter. (\$9; at drugstores)







THERE IS NOTHING  
GOURMET ABOUT  
MEAT BY-PRODUCTS.

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FINEST FILETS OF REAL BEEF, SEAFOOD OR POULTRY.

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These wallet-friendly looks are a cinch to put together—each outfit is from just one store

PHOTOGRAPHS BY  
PETER BUCKINGHAM

**KMART** What a welcome surprise to pick up dressy outfits there, like flirty frocks and a bold statement jacket.

On model: Polka-dot dress, \$58. Gold heels, \$40. Bangles, \$9. On dress form: Print trench, Jaclyn Smith, \$50. Sheath dress, \$30, and wedges, \$20, Attention. Overlay hobo bag, \$25. All at [kmart.com](http://kmart.com) and select Kmart stores.



# one-stop style

## ONESTOPPLUS.COM

Great selection of accessories for everyone, plus chic clothes for full-figured women, make this retailer a definite go-to.

Safari dress, Woman Within, \$45. Kathy heel, Jessica London, \$35. Watch, \$13, clutch, \$16, three-row beaded necklace, \$11, and long beaded necklace, \$11, Avenue. All at [onestopplus.com](http://onestopplus.com)



**SPIEGEL** The catalog and website are standouts, with an array of colorful pieces to mix and match for work.

Silk charmeuse top, \$59. Silk floral skirt, \$29. Metallic handbag, \$69. Short beaded necklace in Pumpkin, \$24. Pewter peep-toe heels, \$29. All at [spiegel.com](http://spiegel.com) and 800-345-4500. ►



**SEARS** Offering much more than hardware, it's a terrific place to hammer out a sunny weekend look.

Top, \$15, sandals, \$25, earrings, \$12, bangles, \$15, Apostrophe. Trousers, \$40, bag, \$25, Covington. All at [sears.com](http://sears.com) and Sears stores.





**TARGET** Hit a bull's-eye at the popular chain for inexpensive ways to own the season's hottest trends.

Michelle cardigan, \$23, Lori top, \$20, and Paul ankle pant, \$33, Converse One Star (available exclusively at Target). Maliyah sandals, \$33, and woven clutch, \$27, Merona. Triple-strand necklace, Erickson Beamon for Target, \$50. All at [target.com](http://target.com) and select Target stores.



**JCPENNEY** As dependable as always, they make it so easy to fill a shopping bag with stylish spring finds—their selection is vast.

Tunic, \$48, jeans, \$54, and Dylan shoes, \$75, nicole by Nicole Miller. Sunglasses, \$28. Earrings, \$14. All at JCPenney stores; [jcp.com](http://jcp.com) for locations.

**NEW YORK & COMPANY** Skip them at the mall because they're "too young"? No way. Check out their sophisticated separates.

Shirt, \$35. Pencil skirt, \$33. Wedge sandals, \$37. Earrings, \$15. Handbag, \$27. Bracelets, \$13 each. All at [nyandcompany.com](http://nyandcompany.com) and select New York & Company stores.



Psst... Looking for a bargain? Head to the stacked items on store tables for good deals.





**KOHL'S** Their great designer collections have a wow factor at prices you'll love.

On dress form: Pleated-neck jacket, \$58, long-sleeve tee, \$34, jeans, \$50, patent flats, \$60, and long necklace, \$28, Simply Vera Vera Wang. On model: Tunic, \$60, long-leg pant, \$56, and zebra heels, \$70, Dana Buchman. Long-layer necklace (worn as bracelet), \$24, Simply Vera Vera Wang. All at [kohls.com](http://kohls.com) and select Kohl's stores. **wd**



before



**NEW!**

# nutrisystem<sup>®</sup>

Lose weight. Save money.<sup>™</sup>

"I went on  
NutriSystem and  
lost 45 pounds\*,  
and I never  
looked back."  
-Marie Osmond



after



Choose from up to 170 satisfying menu items — **80 NEW recipes** — including fresh-frozen meals!

**Lose weight with delicious recipes created with good carbs and high fiber to help you feel fuller longer!**

NutriSystem is  
**hundreds of dollars less**  
than other weight loss programs

### MONEY BACK GUARANTEE!

Try our food! If you don't like it, call within 7 days of receipt of your first order and return the three weeks of food for a **FULL REFUND** of the purchase price, less shipping. Call or see website for details.

### EXTRA \$50 OFF

when you select a 28-Day Auto-Delivery Program

That's \$25 off your first order and \$25 off your second order!†

Call **1-877-496-DIET (3438)**  
or click **nutrisystem.com/save50**  
use promo code: **WD209**

†Offer good on Auto-Delivery order only. Offer expires 4/30/09. Free shipping to Continental U.S. only. \$25 discount will be applied to your first and second consecutive deliveries. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel Auto-Delivery at any time by calling 1-800-321-THIN®. However for this offer you must stay on Auto-Delivery for at least two consecutive 28-Day program deliveries to receive the second \$25 discount. Other restrictions apply. Call or see website for details. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. ©2009 NutriSystem, Inc. All rights reserved.

\*Results not typical.  
On NutriSystem you  
add in fresh grocery  
items.



# health



## take 5 seconds

Dilute your juice. 100% fruit juice is a better pick than soda or a "juice drink," but it's still high-cal (and can be pricey). Mix  $\frac{1}{2}$  cup cranberry juice with  $\frac{1}{2}$  cup seltzer; you'll save about 65 calories and get a fun, fizzy drink.





# little changes to live longer

Want a healthier life? Start small by Alyssa Shaffer

IF YOUR NEW YEAR'S resolutions were to eat better, exercise more and stress less, chances are those goals were packed up with your holiday ornaments and other memories of winter. Truth is, it's the rare person who can reinvent her health habits overnight. And the quick changes aren't usually the ones that last. "We can all do just about anything briefly, but to make behavior stick, it can't be that painful," says David L. Katz, MD, director of the Yale Prevention Research Center and coauthor of *Stealth Health*. It's infinitely more manageable to make little tweaks—which can add up to a big difference. Try one of these each week and soon you'll be living healthier for good! (Please turn to 51)



# Relieving the pain of your RA is just the start.

Relieving the pain is only one part of treating moderate to severe rheumatoid arthritis (RA).

It's just as important to help prevent the joint damage from getting worse. HUMIRA® (adalimumab) may help do both (individual results may vary).

Ask your rheumatologist if HUMIRA may be right for you.

[www.HUMIRA.com](http://www.HUMIRA.com) | 1.866.932.4644

**HUMIRA**  
adalimumab

No RA joint damage.

Progression of RA joint damage.\*

\*Some, but not all, patients' disease will get this severe. This may not happen to you.

For illustrative purposes only.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

#### Information You Should Know About HUMIRA® (adalimumab)

HUMIRA is used to reduce the signs and symptoms of moderate to severe rheumatoid arthritis in adults, may prevent further damage to your bones and joints, and may help your ability to perform daily activities. HUMIRA can be used alone or with methotrexate or with certain other medicines.

**HUMIRA is taken by injection and is available by prescription only.**

#### Important Safety Information You Should Know About HUMIRA® (adalimumab)

**Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections.** Your doctor should test you for TB before starting HUMIRA, and monitor you closely for signs and symptoms of TB during treatment with HUMIRA.

**Before starting HUMIRA:** You should not start taking HUMIRA if you have any kind of infection. Tell your doctor if you think you have an infection, are being treated for an infection, have signs of an infection (such as a fever, cough, or flu-like symptoms), have any open cuts or sores on your body, or get a lot of infections or have infections that keep coming back. Tell your doctor if you have diabetes, have TB or have been in close contact with someone with TB, were born in, lived in, or traveled to countries where there is more risk for getting TB, live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis), have or have had hepatitis B, use the medicine Kineret (anakinra), or are scheduled to have major surgery. Tell your doctor if you have any numbness or tingling, or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome, have heart failure or other heart conditions, are scheduled for major surgery, are pregnant, become pregnant, plan to become pregnant or are breastfeeding. Tell your doctor if you are allergic to HUMIRA or any of its ingredients or are allergic to rubber or latex. The needle cover of the prefilled syringe and the pen contain dry, natural rubber. Also, tell your doctor if you have recently received or are scheduled for any vaccines. Except for live vaccines, patients may still receive vaccines while on HUMIRA. It is recommended that children with juvenile idiopathic arthritis be brought up to date with all immunizations prior to starting HUMIRA.

**After starting HUMIRA:** Call your doctor right away if you have an infection, or any sign of an infection, including a fever, feeling very tired, cough, flu-like symptoms, warm, red or painful skin, or if you have any open cuts or sores on your body. HUMIRA can make you more likely to get infections or make any infection that you may have worse. **Possible side**

**effects of HUMIRA:** Serious side effects, which sometimes lead to death, have happened in patients taking HUMIRA.

**Serious infections.** These infections include TB and infections caused by viruses, fungi, or bacteria. Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. Patients who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA: cough, low-grade fever, weight loss, or loss of body fat and muscle.

**Certain types of cancer.** There have been cases of certain kinds of cancer in patients taking HUMIRA or other TNF blockers. Patients with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma. Some patients receiving HUMIRA have developed types of cancer called non-melanoma skin cancer (basal cell cancer and squamous cell cancer of the skin), which are generally not life threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal. **Allergic reactions.** Signs of a serious allergic reaction include skin rash, a swollen face, or trouble breathing. **Hepatitis B virus reactivation in patients who carry the virus in their blood.** Tell your doctor if you have any of the following symptoms: feel unwell, poor appetite, fatigue, fever, rash, or joint pain.

**Nervous system problems.** Signs and symptoms include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness. **Blood problems.** Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.

**New heart failure or worsening heart failure you already have.** Symptoms include shortness of breath or swelling of your ankles or feet, or sudden weight gain. **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or rash on your cheeks or arms that gets worse in the sun. **Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.**

**Common side effects of HUMIRA are:** injection site reactions (redness, rash, swelling, itching, or bruising), upper respiratory infections (sinus infections), headaches, rash, and nausea. These are not all the side effects with HUMIRA. Ask your doctor or pharmacist for more information.

**Please see adjacent pages for product brief summary.**

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CONSUMER BRIEF SUMMARY  
CONSULT PACKAGE INSERT FOR FULL PRESCRIBING  
INFORMATION

**HUMIRA® (HU-MARE-AH)(adalimumab)**

**Patient Information**

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment with HUMIRA.

**What is the most important information I should know about HUMIRA?**

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of the immune system to fight infections. **Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.**

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with HUMIRA.

**Before starting HUMIRA, tell your doctor if you:**

- think you have an infection. You should not start taking HUMIRA if you have any kind of infection.
- are being treated for an infection
- have signs of an infection, such as a fever, cough, or flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret.
- are scheduled to have major surgery

**After starting HUMIRA, call your doctor right away** if you have an infection, or any sign of an infection, including:

- a fever
- feel very tired
- a cough
- flu-like symptoms
- warm, red, or painful skin
- open cuts or sores on your body

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

**What is HUMIRA?**

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used in adults or children (as indicated) to:

- **Reduce the signs and symptoms of:**
  - **moderate to severe rheumatoid arthritis (RA)** in adults. HUMIRA can be used alone or with methotrexate or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA)** in children 4 years of age and older. HUMIRA can be used alone or with methotrexate or with certain other medicines.
  - **psoriatic arthritis (PsA).** HUMIRA can be used alone or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **ankylosing spondylitis (AS)**
  - **moderate to severe Crohn's disease (CD)** in adults who have not responded well to other treatments.
- **Treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps)** in adults who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

People with these diseases have too much of a protein called tumor necrosis factor (TNF), in the affected areas of the body. HUMIRA can block the bad effects of TNF in those affected areas, but it can also lower the ability of the immune system to fight infections. See **“What is the most important information I should know about HUMIRA?”** and **“What are the possible side effects of HUMIRA?”**

**What should I tell my doctor before taking HUMIRA?**

**Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:**

- have an infection. See **“What is the most important information I should know about HUMIRA?”**
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have heart failure or other heart conditions. If you have heart failure, it may get worse while you are taking HUMIRA.
- have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines. Except for live vaccines, patients may still receive vaccines while on HUMIRA. It is recommended that children with juvenile idiopathic arthritis be brought up to date with all immunizations prior to starting HUMIRA.
- are allergic to rubber or latex. The needle cover on the prefilled syringe contains dry natural rubber. Tell your doctor if you have any allergies to rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.

**Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.** HUMIRA should only be used during a pregnancy if needed. Women who are breastfeeding should talk to their doctor about whether or not to use HUMIRA.

**Pregnancy Registry:** Abbott Laboratories has a registry for pregnant women who take HUMIRA. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

**Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Especially, tell your doctor if you take Kineret (anakinra).** You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret. Also, tell your doctor if you are taking other medicines that suppress the immune system.

**Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.**

**How should I take HUMIRA?**

See the section, **“How do I prepare and give an injection of HUMIRA?”** at the end of the Medication Guide that comes with HUMIRA for complete instructions for use.

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated. **Do not inject HUMIRA more often than prescribed.**
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or 1-800-4HUMIRA (448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection.
- If you take more HUMIRA than you were told to take, call your doctor.
- Do not miss any doses of HUMIRA. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. To help you remember when to take HUMIRA, you can mark your calendar ahead of time with the stickers provided in the back of the Medication Guide.

**What are the possible side effects with HUMIRA?**

Serious side effects, which sometimes lead to death, have happened in patients taking HUMIRA, including:

- **Serious infections.** See **“What is the most important information I should know about HUMIRA?”**

Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. Patients who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA:

- cough that does not go away
- low grade fever



- weight loss.
- loss of body fat and muscle (wasting)
- **Certain types of Cancer.**
  - There have been cases of certain kinds of cancer, in patients taking HUMIRA or other TNF blockers.
  - Some patients receiving HUMIRA have developed types of cancer called non-melanoma skin cancer (basal cell cancer and squamous cell cancer of the skin), which are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
  - Patients with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.
- **Allergic reactions.** Signs of a serious allergic reaction include a skin rash, a swollen face, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with HUMIRA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:
  - feel unwell
  - poor appetite
  - tiredness (fatigue)
  - fever, skin rash, or joint pain
- **Nervous system problems.** Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems.** Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **New heart failure or worsening of heart failure you already have.** Symptoms include shortness of breath or swelling of your ankles or feet or sudden weight gain.
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may go away when you stop HUMIRA.

**Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.**

**Common side effects with HUMIRA include:**

- **Injection site reactions** such as redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. If you have pain, redness or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.
- **Upper respiratory infections** (including sinus infections)
- **Headaches**
- **Rash**
- **Nausea**

These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information.

#### **General information about HUMIRA**

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that was written for healthcare professionals.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

For more information go to [www.HUMIRA.com](http://www.HUMIRA.com) or you can enroll in a patient support program by calling 1-800-4HUMIRA (448-6472).

Rev. 12/2008

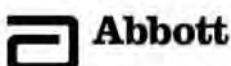
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Abbott Laboratories

North Chicago, IL 60064, U.S.A.

64C-214005 MASTER



64X-215107

## **CHANGES TO LIVE LONGER**

CONTINUED

### **INSTEAD OF a bagel with butter for breakfast**

#### **TRY scrambled eggs on whole-wheat toast**

This fill-you-up breakfast won't fill you out. More and more research is showing that people who include protein in their breakfasts (eggs are a great source) as part of a low-calorie diet lose more weight. Eggs are also loaded with disease-fighting nutrients like choline (linked to lower rates of breast cancer) and the antioxidants lutein and zeaxanthin (which may help prevent macular degeneration). If you're concerned about cholesterol, limit yourself to one egg a day, or go for egg whites or an egg substitute.

### **INSTEAD OF a steak dinner**

#### **TRY going meatless one or two nights a week**

You'll save calories, and it's a great way to introduce aspects of the Mediterranean diet (which is typically high in fruits, vegetables, whole grains like barley and lentils, nuts, seeds and olive oil, with some dairy, fish and poultry and very little red meat) into your own. A growing body of research backs the tremendous health benefits of this eating plan, from lowering the risk of diabetes, high blood pressure, heart disease and cancer to helping you shed a few pounds.

Another pro of swapping your rib eye for a vegetarian entree: You're upping your fiber intake, says Dr. Katz. For example, 1 cup of cooked black beans has 15 grams of fiber and about 230 calories, compared with 0 grams of fiber and more than 800 calories in a sirloin steak. And fiber can boost your health in so many ways, including reducing colon cancer risk, helping lower cholesterol and protecting against heart disease.

### **INSTEAD OF staying up late to watch letterman**

#### **TRY calling a friend before you call it a night**

Swapping channel surfing for a brief chat can have a positive impact on your mood *and* your waistline. A recent 35-year analysis of nearly 45,000 adults found that unhappy people watched about 20% more television than their more upbeat peers, who generally spent more of their spare time socializing or reading. In *(Please turn to 52)*



## CHANGES TO LIVE LONGER

**CONTINUED** the sleep department, research from the landmark Nurses' Health Study found that middle-aged women who slept 5 or fewer hours a night were 32% more likely to gain 33 pounds or more, compared with those who slept at least 7 hours. Other research has found that people who sleep less may produce more insulin, putting them at higher risk of developing type 2 diabetes. "Even getting just 30 minutes more a night can start to make a difference," says Pamela Peeke, MD, author of *Body for Life for Women*. Try to get 7 to 8 hours.

## INSTEAD OF **chicken** **TRY fish**

"People who eat fish twice a week have a 20% lower risk of dying prematurely, according to a large body of research," says Eric Rimm, ScD, associate professor of epidemiology and nutrition at the Harvard School of Public Health. Omega-3—rich fish such as salmon, tuna and mackerel is best: One review of three trials found that people who had omega-3 fats in their diets were up to 45% less likely to experience a cardiovascular event such as a heart attack or stroke. Other studies have found that omega-3s may slow cognitive decline in patients with mild Alzheimer's and help halt the growth of brain lesions associated with the disease.

## INSTEAD OF **ice cream** **for dessert**

### **TRY: yogurt with fresh fruit and honey**

Another calorie-and-fat saver (½ cup plain nonfat yogurt with ½ cup blueberries and 1 tsp honey runs about 120 calories and almost no fat, while ½ cup of ice cream has 145 calories and 7 grams of fat). And you'll be helping your stomach: Yogurts that contain live and active cultures (also known as probiotics)



can improve digestive function, reduce constipation and may even help prevent cancer. Research has also linked yogurt to stronger immune function and reduced yeast infections. Avoid the fruit-on-the-bottom varieties, which tend to be loaded with sugar, and sweeten instead with a spoonful of dark antioxidant-rich honey.

## INSTEAD OF **drinking diet soda**

### **TRY sipping green tea**

Green tea is a nutritional powerhouse that's been linked to everything from a lower risk of heart disease and cancer to helping with weight loss; it's also a natural source of fluoride that may strengthen teeth. Brew your own and ice it (manufactured varieties can be loaded with sugar or artificial sweeteners). Or look for brands like Honest Tea that come with just a tad

of sweetener. Even black tea is a good source of disease-fighting antioxidants. And by now you've probably heard about the damage too much diet soda can do: The artificial sweeteners may actually contribute to weight gain, and studies have also shown that soda can cause erosion of tooth enamel.

## INSTEAD OF **driving to do your errands** **TRY using your own two feet to get around**

If it's sunny, you'll not only burn more calories (about 115 calories walking for 30 minutes at a moderate pace), you'll also get an additional dose of vitamin D; sun exposure prompts your body to make vitamin D, and experts say this is one of the best ways to get it. Research has shown that women who are deficient in vitamin D are at increased risk for (Please turn to 54)



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## CHANGES TO LIVE LONGER

CONTINUED heart attack and stroke, as well as insulin resistance, which can lead to diabetes. And one recent study found that young (premenopausal) women who had high levels of D were up to 55% less likely to develop breast cancer. Don't live close to downtown? Park at a central location, then do your errands on foot.

## INSTEAD OF sitting to talk on the phone

### TRY standing up to chat

You can burn up to 40% more calories and lower your risk of gaining weight. One study found that obese women sit for 2½ hours more than their leaner peers. Other easy ways to work in more standing time: Forgo the bleachers to stand on the sidelines when your kids are on the soccer field, and do some housework (like ironing) while watching TV.

Take it a step further and do some simple sculpting moves to build muscle and strengthen bones. "I take every opportunity to tone up," says fitness expert Denise Austin. Some of her favorite moves: squats while blow-drying your hair, side leg lifts while washing your hands or brushing your teeth.

## INSTEAD OF beating the 3 P.M. slump with a cup of coffee

### TRY going for a walk

Studies have shown that a brisk 10-minute walk can significantly boost energy levels for hours (not to mention help you rack up the 30 minutes of daily exercise that the CDC recommends getting 5 days a week to reduce your risk of obesity, heart disease, hypertension, diabetes and certain cancers). Coffee often causes an immediate jolt that's soon followed by a crash; walking will make you feel more awake and help you stay that way.

Once you've done something for about three months, it becomes a habit. After six months, it's a way of life.

## INSTEAD OF going to the doctor empty-handed TRY getting the first appointment of the day and coming prepared

You'll lower your chances of a long wait and make the most of the time you do have with your doctor. Come with two copies of your questions and concerns—one for you, one for her, says Sandra Fryhofer, MD, an Atlanta-based internist and associate clinical professor of medicine at Emory University. That way, you can both be on the same page (literally) during your discussion. Finally, if you need to see several doctors, ask for a copy of your lab results and take them with you to all of your appointments, so you won't have to unnecessarily repeat blood work.

## INSTEAD OF diving into your favorite candy or cake when you're stressed

### TRY deep breathing

Taking just a few long, slow breaths from your diaphragm (not your chest; concentrate on inhaling from your stomach) goes a long way in helping you relax. Studies have shown that deep breathing can lower blood pressure; it also releases endorphins, your body's natural painkillers, which can help prevent tension-related neck, back and shoulder pain.

## INSTEAD OF milk chocolate

### TRY dark chocolate

Feel good about your chocolate fixation. Dark chocolate contains

loads of phytochemicals called flavonoids, which may help improve heart health, lower blood pressure, increase HDL ("good") cholesterol and lower LDL ("bad") cholesterol. Look for brands that have at least 60% cocoa.

The higher the cocoa content, the more antioxidants, but at that point it's also less sweet. If you're not used to it, go with the lower percentage and work your way up, says Dr. Katz. Of course, a chocolate bar is never going to be low-calorie, so stick with just 1 oz (about 160 calories) a day.

## INSTEAD OF exercising by taking a half-hour stroll TRY doing intervals

Intervals—periodic bursts of exercising intensely followed by a brief recovery—are one of the best ways to burn calories and fat. One recent study showed that people who worked intervals into their exercise routines burned 36% more fat afterward than those who went at a steady pace.

You'll also be helping your heart: Another study found that doing four to six 30-second sprints three days a week was as effective in improving artery function as exercising for 40 to 60 minutes five days a week.

Ready to try? Warm up by walking at a moderate to brisk pace (you can have a conversation but are slightly breathless). Then go as fast as you can while still being able to say a couple of words at a time; on a scale of 1 to 10, you're at about an 8. Do this for 1 to 2 minutes, then slow down until you're back to your conversational pace for another 2 to 3 minutes. Try to do about 4 or 5 of these intervals per workout. **wd**



May they share secrets  
instead of germs.

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## not so fast!

Mom was right when she told you to slow down. People who eat quickly are three times more likely to be overweight than those who eat at a moderate pace, says a new study of more than 3,000 people. When you eat fast you tend to overdo it because your brain doesn't have a chance to realize you're full. Try these tricks to pace yourself, says wellness coach Deborah Enos, CN, author of *Weight a Minute!*

- **Put down your fork after each bite** Chew, swallow, then pause to take a drink of water or a deep breath before picking it up again.
- **Step away from the table** While dining out, go ahead and have one piece of bread if you want it. But after you're finished, get up and go to the bathroom (even if you don't have to). Take 5 deep breaths before returning to the meal.
- **Heat things up** Have some piping-hot soup or tea with your meal. You'll automatically eat more slowly than if you choose cold food and drinks. *Barbara Brody*



## don't ignore these symptoms

If you have, say, crushing chest pain, getting medical help is a no-brainer. But there are some symptoms that women tend to dismiss too easily. Call your doctor if you have any of the following, says WD health advisor Sandra Adamson Fryhofer, MD. *B.B.*

AGE*	DON'T IGNORE	POSSIBLE CAUSE
30s	Periods that suddenly become much more painful and/or irregular	Fibroids, polycystic ovarian syndrome (PCOS), pelvic inflammatory disease, endometriosis, thyroid disorder
40s	Nipple discharge, especially from just one breast	Pituitary growth, clogged breast duct, infection, thyroid problem, cancer
50s	Overwhelming fatigue	Asthma, anemia, underactive thyroid, congestive heart failure
60+	Forgetfulness that interferes with daily activities	Vitamin B <sub>12</sub> deficiency, dementia

\*Symptoms can occur at any time but are most likely at these ages.

## YOUR HEART



## a banana a day may keep hypertension away

In a recent study, people with the lowest levels of potassium were most likely to have high blood pressure. Potassium works with other electrolytes (including sodium) to keep blood pressure on an even keel. Adults should aim for 4,700 mg daily. Good sources include baked potatoes (926 mg with the skin), beets (259 mg per ½ cup cooked), orange juice (473 mg per cup) and bananas (422 mg each). *B.B.*



From the Makers of  
**America's #1 SELLING**  
Weight-Loss Supplement Brand<sup>1</sup>

# A Complete **CLEANSE** Is Just **7 Days Away**

Feel Less Bloating with  
**EASY, FAST, SAFE Results!**

Have you been feeling bloated and unlike yourself lately? You need a cleanse – a fast, easy and safe way to gently remove more waste. That's why the makers of Hydroxycut® created *Complete 7-Day Cleanse™* to help you feel refreshed and rejuvenated. It's the formula that also provides liver, colon and digestive support. So why wait? Just 7 days is all it takes for fast and effective results!

## Could You Use a Cleanse?

YES NO

Do you often feel bloated?

☐ ☐

Do you have a "puffy" feeling?

☐ ☐

Are you looking to promote regularity?

☐ ☐

Do you feel sluggish?

☐ ☐

Have you been feeling unlike yourself lately?

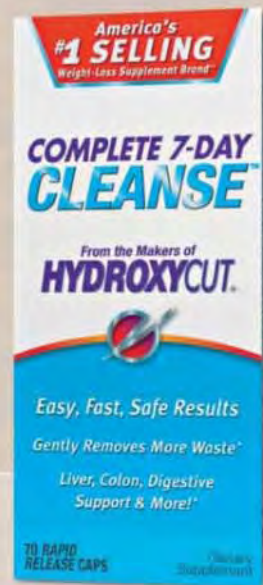
☐ ☐

If you answered "yes" to one or more of these questions, you could use a cleanse to help you gently remove more waste and feel refreshed and rejuvenated. Experience fast, safe and effective results in just 7 days with *Complete 7-Day Cleanse*!



"Many cleanse products on the market today are harsh. With *Complete 7-Day Cleanse™*, you get a safe, gentle way to cleanse."

Dr. Nick Evans, M.D.



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<sup>1</sup>Based on IRI F/D/MX for Hydroxycut® caplets. Individual was remunerated. Read the entire label before use. © 2009



## STRIKE A POSE

**DOING YOGA REGULARLY** not only makes you more flexible, it may also help you have an easier menopause. A new study of 120 women shows that those who practiced yoga or did simple stretching and strength training five days a week for eight weeks were significantly less likely to have hot flashes and night sweats. "Even if you do just two or three yoga poses daily, like the butterfly or a forward bend, and hold each one for 5 minutes, you'll feel less stressed and have an easier transition into menopause," says yoga expert Jennifer Kries. To learn some easy, basic yoga moves (including the butterfly pose), go to [yogatic.com](http://yogatic.com) and click on "Yoga Sitting Poses." Or check out Kries' *Yin Yoga* DVD (available at [jenniferkries.com/store.html](http://jenniferkries.com/store.html)). *Dana Gottesman*



### mental health matters

## WHAT TO SAY TO SOMEONE WHO'S DEPRESSED

"It's not that bad" and "Things will get better" are probably the worst things to say, because they sound like you're not taking the condition seriously, explains Claudia Strauss, author of *Talking to Depression: Simple Ways to Connect When Someone in Your Life Is Depressed*. Instead, try:

**"Is everything OK?"** Don't offer unsolicited advice; just listen.

**"Can I come over?"** Depressed people tend to isolate themselves and withdraw. If she says no, offer to accompany her on an everyday task like grocery shopping. Make her feel like she's helping you out.

**"Let's take a walk"**

Tell her you'd like to get some fresh air. Even a short walk can boost endorphins and serotonin levels, which affect mood.

*D.G.*



## coughing keeping you awake?

Asthma may be to blame. Many people don't realize you can develop asthma for the first time as an adult, and that a chronic night cough is a common symptom. If you're already being treated for asthma, you should be sleeping soundly. If not, ask your doctor about starting or increasing the dose of an inhaled anti-inflammatory (like Flovent), says Martha V. White, MD, research director at the Institute for Asthma & Allergy. Nighttime asthma symptoms plague many people—a new study reports that 75% of adults with asthma wake up coughing or wheezing at least once a week—but they shouldn't. "It means your asthma isn't well-controlled," says Dr. White. *D.G.*

Psst... April 8 is National Start! Walking Day. Map your own route at [mystartonline.org](http://mystartonline.org)





Bedtime is for getting lost in the land of wherever-tonight's-story-takes-you. Don't let bedwetting get in the way.

New and improved GoodNites® Boxers feature comfortable, cloth-like material for our softest nighttime protection. Go to [goodnites.com](http://goodnites.com) to get a coupon for a free trial...and see how to make the night even better.







**It's important to manage the three main parts of your cholesterol.**

**You need to manage all the parts of your cholesterol problem, not just your bad cholesterol.** If your triglycerides, or fat in the blood, are high or your good cholesterol is low, ask your doctor about TRILIPIX. Along with diet and exercise, TRILIPIX is the only FDA-approved fibrate cholesterol medication that when added to your current statin medication lowers triglycerides and raises your good cholesterol to help improve all three cholesterol numbers. **Ask your doctor if TRILIPIX is right for you and how it can complete your cholesterol care.**

\*Numbers (mg/dL) shown in triangles are recommendations according to the American Heart Association (AHA). Your LDL cholesterol goal depends on how many other risk factors you have, such as your age, family history, cigarette smoking, high blood pressure, or low HDL. In general, LDL goal is less than 160 mg/dL if you have one or no risk factors; LDL goal less than 130 mg/dL if you have 2 or more risk factors; and LDL goal less than 100 mg/dL if you have coronary heart disease or diabetes. Talk with your doctor about your risk factors and what your cholesterol goals should be.

## **Uses and Important Safety Information**

TRILIPIX is a prescription medicine used along with diet in adults to lower triglycerides and LDL (bad) cholesterol, and increase HDL (good) cholesterol. TRILIPIX can be used alone or with another cholesterol-lowering medicine called a statin. TRILIPIX has not been shown to prevent heart disease or heart attack. TRILIPIX should not be taken by people with liver, gallbladder, or severe kidney disease, nursing mothers, or those allergic to any product ingredient. Unexplained muscle pain, tenderness, or weakness may be a sign of a serious side effect and should be reported to your healthcare provider right away. Rarely, muscle-related problems can cause kidney damage. Tell your healthcare provider about all the medicines you take to help avoid serious side effects. Your healthcare provider may do blood tests before and during treatment with TRILIPIX. You should also contact your



# COMPLETE YOUR CHOLESTEROL CARE



**"I've been taking medication to lower my bad cholesterol but I needed more help to manage the other two parts."**



**TRILIPIX<sup>TM</sup>**  
(fenofibric acid)

Learn more: [www.trilipix.com](http://www.trilipix.com)  
or call 1.888.866.4650

**Complete your cholesterol care**

healthcare provider if you experience abdominal pain, nausea, or vomiting while taking TRILIPIX. These may be signs of inflammation of the gallbladder or pancreas. Women who are pregnant should not take statins. If you are pregnant or may become pregnant, talk with your healthcare provider about TRILIPIX. The most common side effects with TRILIPIX include headache, heartburn, nausea, muscle aches, and increases in muscle or liver enzymes that are measured by blood tests.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Please see adjacent pages for brief summary of full Prescribing Information.**



**CONSUMER BRIEF SUMMARY  
CONSULT PACKAGE INSERT FOR FULL  
PRESCRIBING INFORMATION**

# Trilipix™

(try-lip-iks)

**(fenofibric acid) delayed release capsules**

## **Patient Information**

Read the Medication Guide before you start taking Trilipix and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

## **What is the most important information I should know about Trilipix?**

Trilipix can be used with other cholesterol-lowering medicines called statins. Statins include:

- atorvastatin (Lipitor, Caduet)
- fluvastatin (Lescol, Lescol XL)
- lovastatin (Altoprev, Mevacor, Advicor)
- pravastatin (Pravachol)
- rosuvastatin (Crestor)
- simvastatin (Zocor, Simcor, Vytorin)

Statins can cause muscle pain, tenderness or weakness, which may be symptoms of a rare but serious muscle condition called rhabdomyolysis. In some cases rhabdomyolysis can cause kidney damage and death. The risk of rhabdomyolysis may be higher when Trilipix is given with statins. If you take a statin, tell your healthcare provider.

Other medicines or large amounts of grapefruit juice (more than a quart) may raise the levels of statins in your body, and could then raise the risk of muscle problems. Tell your healthcare provider if you are taking any medicines listed below.

- Heart medicine
- Stomach medicine
- Antibiotic
- Anti-fungal
- Cholesterol-lowering medicine
- Hormones
- HIV/AIDS medicine
- Antidepressant
- Immunosuppressant
- Anti-seizure medicine

Ask your healthcare provider or pharmacist for a list of these medicines, if you are not sure.

Tell your healthcare provider if you drink grapefruit juice.

## **What is Trilipix?**

Trilipix is a prescription medicine used to treat cholesterol in the blood by lowering the total amount of triglycerides and LDL (bad) cholesterol, and increasing

the HDL (good) cholesterol. You should be on a low fat and low cholesterol diet while you take Trilipix.

The safety and effectiveness of Trilipix in children is not known.

## **Who should not take Trilipix?**

### **Do not take Trilipix if you:**

- are allergic to fenofibric acid, or any of the ingredients in Trilipix. See the end of this brief summary for a list of all the ingredients in Trilipix.
- have severe kidney disease.
- have liver disease.
- have gallbladder disease.
- are a nursing mother.

**Talk to your healthcare provider before you take Trilipix if you have any of these conditions.**

## **What should I tell my healthcare provider before taking Trilipix?**

**Before taking Trilipix, tell your healthcare provider about all your medical conditions, including if you:**

- are allergic to any medicines.
- have ever had kidney problems.
- have ever had liver problems.
- have ever had gallbladder problems.
- are pregnant or if you plan to become pregnant. It is not known if Trilipix will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Trilipix passes into your breast milk. You and your healthcare provider should decide if you will take Trilipix or breastfeed. You should not do both.

**Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements.**

Using Trilipix with certain other medicines can affect the way these medicines work and other medicines may affect how Trilipix works. In some cases, using Trilipix with other medicines can cause serious side effects.

Know all the medicines you take. Keep a list of them and show it to your healthcare provider when you get a new medicine.

**It is especially important to tell your healthcare provider if you take any of the medicines mentioned in, “What is the most important information I should know about Trilipix?” or any of the medicines listed below:**

- **anticoagulants**, also known as blood thinners (warfarin, Coumadin)
- **bile acid resins**
- **cyclosporine**

Ask your healthcare provider if you are not sure if your medicine is one of these.

## **How should I take Trilipix?**

- You should be on a low fat and low cholesterol diet while you take Trilipix.



- Take Trilipix one time each day as prescribed by your healthcare provider.
- Take Trilipix with or without food.
- Swallow Trilipix capsules whole. Do not break, crush, dissolve, or chew Trilipix capsules before swallowing. If you cannot swallow Trilipix capsules whole, tell your healthcare provider, you may need a different medicine.
- If you take a medicine called a statin, you can take Trilipix and your statin at the same time of day.
- If you miss a dose of Trilipix, take it as soon as you remember. If it is almost time for your next dose, just skip the missed dose. Take the next dose at your regular time. If you are not sure about your dosing, call your healthcare provider. **Do not take more than one dose of Trilipix a day unless your healthcare provider tells you to.**
- If you take too much Trilipix, contact your healthcare provider or your local emergency department.
- Do not change your dose or stop Trilipix unless your healthcare provider tells you to.
- Your healthcare provider may do blood tests before you start taking Trilipix and during treatment. See your healthcare provider regularly to check your cholesterol and triglyceride levels and to check for side effects.

#### **What are the possible side effects with Trilipix?**

##### **Trilipix may cause serious side effects, including:**

- **muscle pain, tenderness, or weakness.** See “What is the most important information that I should know about Trilipix?”
- **tiredness and fever.**
- **abdominal pain, nausea, or vomiting.** These may be signs of inflammation (swelling) of the gallbladder or pancreas.

##### **Call your healthcare provider right away if you have any of these serious side effects.**

The most common side effects with Trilipix include:

- headache
- heartburn (indigestion)
- nausea
- muscle aches
- increases in muscle or liver enzymes that are measured by blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of Trilipix. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### **How do I store Trilipix?**

- Store Trilipix between 59° to 86° F (15° to 30° C).
- Protect Trilipix from moisture.

**Keep Trilipix and all medicines out of the reach of children.**

#### **General information about the safe and effective use of Trilipix**

Medicines are sometimes prescribed for conditions that are not mentioned in a Medication Guide. Do not use Trilipix for a condition for which it was not prescribed. Do not give Trilipix to other people, even if they have the same condition you have. It may harm them.

This brief summary summarizes the most important information about Trilipix. If you would like more information, talk to your healthcare provider. You can also ask your pharmacist or healthcare provider for information that is written for health professionals.

For more information go to [www.Trilipix.com](http://www.Trilipix.com) or call 1-800-633-9110.

#### **What are the ingredients in Trilipix?**

**Active Ingredient:** Fenofibric acid

**Inactive Ingredients:** Hypromellose, povidone, water, hydroxypropyl cellulose, colloidal silicon dioxide, sodium stearyl fumarate, methacrylic acid copolymer, talc, triethyl citrate, gelatin, titanium dioxide, and yellow iron oxide. Additionally, the 45 mg capsule shell contains black iron oxide and red iron oxide, and the 135 mg capsule shell contains FD&C Blue #2.

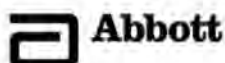
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032-205112



# surprising reasons you're gaining weight—and how to stop it

ANYONE WHO'S EVER TRIED TO LOSE weight knows it's no cakewalk. Eating less is hard enough, and certain factors—biological and environmental—can sabotage our good intentions. “Many cues, like the size of a plate or the lighting in a restaurant, can cause you to eat more,” says Brian Wansink, PhD, author of *Mindless Eating: Why We Eat More Than We Think*. Our metabolisms also slow down as we get older, which doesn't help. Thankfully, experts are uncovering ways to combat what makes losing weight so tough. See if any of these scenarios sound familiar.

## overdoing artificial sweeteners

IF YOU WANT TO LOSE WEIGHT, you should drink diet soda, right? Well, not necessarily...too much may have the opposite effect. Research shows that people who have diet drinks regularly may be more likely to gain weight and develop metabolic syndrome, a condition that includes having excess belly fat, high cholesterol, high blood pressure and insulin resistance. One theory why: Taste signals how many calories are in a particular food and helps your body judge how they should be used, explains

Terry Davidson, PhD, director of the Ingestive Behavior Research Center at Purdue University in Indiana. Loading up on sweet drinks with no calories interferes with that signal, making it difficult for your body to determine how much you really need to eat.

■ **AVOID IT** Water is always an ideal choice, but you don't have to go cold turkey on the diet soda. Limit yourself to one a day, and be careful not to compensate with high-calorie beverages like fruit juice or sports drinks. ►



You eat right, you exercise,  
and still the scale doesn't  
budge. New research reveals  
what may be to blame

by Andrea Atkins





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**#1 SELLING**  
Weight-Loss Supplement<sup>†</sup>

## HYDROXYCUT<sup>®</sup>

Lose Weight Fast<sup>™</sup>\*



"I felt horrible. I didn't feel like I belonged in my own skin. Then I lost 2 pounds in my first week and I thought, 'This is doable!' I lost 35 pounds in just 20 weeks with Hydroxycut caplets!"

— Noelle Casserta



"In 20 weeks my life has changed. I'm still in awe, and Hydroxycut<sup>®</sup> caplets made it happen!"

— Erik Brokke



"I'm just a happy person overall since I lost 31 pounds in just 20 weeks. I have more energy, people compliment me now and I'm not self-conscious about my body anymore. I just have a better outlook on life."

— Allison Evans

## health

### judging fullness with your eyes, not your stomach

One difference between the French (whose obesity rates are low) and Americans (whose obesity rates are rising) is that the French say they stop eating when they're full, says Dr. Wansink. "We see the food in front of us, and we eat it," he says. "We tend to eat for volume, not to be full."

■ **AVOID IT** Use smaller plates—you won't be able to fit as much on them, and chances are, you'll eat less. Never eat from a carton or a bag, because you can't gauge exactly how much you're having. At meals, take a break when your plate is half empty, and think about whether you want to continue.

### not recalibrating your eating plan

As you lose pounds, your body needs even fewer calories to keep going (or maintain the weight loss). Unfair, we know, but the lighter you are, the fewer calories you need.

■ **AVOID IT** For every 10 pounds you lose, go to [caloriecontrol.org/calculators.html](http://caloriecontrol.org/calculators.html), type in your new weight and find out how many calories you need to either keep losing or maintain that weight. Also take a look at what you're eating to see if you can get more caloric bang for your buck. Replace low-fiber foods and sugary snacks with high-fiber fruits, vegetables and whole grains; they'll help you feel fuller longer for fewer calories.

### giving up fat and replacing it with carbs

"OVER THE YEARS, our caloric intake has gone up almost exclusively due to carbohydrates," says Jeff Volek, PhD, RD, a nutrition and exercise researcher at the University of Connecticut. "We've lowered the amount of fat we eat, but we've replaced it with simple carbohydrates—foods that are typically high in sugar and calories but lacking in other nutrients." Simple carbohydrates like white breads and white pasta are digested quickly and stimulate your body to produce

insulin, which can lead to weight gain.

■ **AVOID IT** Stick to healthy carbs and fats. That means complex carbs (including whole grains, fruit and vegetables) and monounsaturated fats (the kind found in fish, avocado and nuts, rather than the saturated fat found in butter, ice cream and mayonnaise). Pasta's not off limits; just keep it to two or three times a week, limit your portion size (making it with lots of veggies helps make the serving look bigger) and go for the whole-wheat kind. ►



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# "I Lost **44 lbs.** Fast with Hydroxycut®!"

"I was inspired by the people I saw in Hydroxycut ads. I would read about their success and finally I decided that instead of just reading about these people, I would become one! Hydroxycut caplets really do work! I lost an amazing 44 pounds in just 20 weeks! I've tried other products in the past, but nothing came close to working like Hydroxycut."

**Stacy Stengel**  
Delafield, Wisconsin

## Another True Success Story

**Before**  
156 lbs.



**LOST**  
**44**  
**pounds**

**After**  
112 lbs.



Results will vary. Individual combined Hydroxycut caplets with sensible diet and exercise.

## Used by Millions to Lose Weight

**Clinically proven ingredients help you lose up to **4.5 times** the weight than diet and exercise alone.\***



"Based on the scientific studies of the key ingredients in Hydroxycut caplets and my personal experience using the product, I would recommend Hydroxycut® to healthy adults wishing to lose weight."

**Dr. Nick Evans, M.D.**



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*Just mix,  
drink and  
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\*In two 8-week studies in which all groups followed a diet and exercise plan, subjects using key ingredients (*Garcinia cambogia*, chromium polynicotinate, *Gymnema sylvestre*) lost, on average, significantly more weight than subjects using a placebo (14.99 vs. 3.06 lbs. and 12.54 vs. 3.53 lbs.). Individuals were remunerated. \*Based on IRI F/D/MX sales data for Hydroxycut® caplets. Read entire label before use. Sensible diet and exercise are essential for healthy weight loss. © 2009



## having syndrome W

WHEN HARRIETTE MOGUL, MD, associate professor and director of research of adult endocrinology at New York Medical College in Valhalla, evaluated patients who were gaining weight at midlife despite dieting and exercising, she found they had elevated insulin levels. Several studies later, she has identified Syndrome W, a set of symptoms (including elevated insulin) that cause changes in your metabolism that make it hard to lose weight even if you're active and eating healthy. "Women with Syndrome W usually have normal blood glucose levels but elevated insulin—and doctors don't routinely test insulin unless you ask them to," explains Dr. Mogul.

■ **AVOID IT** Women who have the classic and common version of Syndrome W are usually thin for most of their lives, but as they age, they start to put on weight only around their waists. (Some women with lifelong weight struggles also have it.) If you suspect you're at risk, ask your doctor to test your insulin levels in addition to doing a blood sugar/diabetes/fasting glucose test. Dr. Mogul treats her Syndrome W patients with the diabetes drug metformin, and a diet high in fruit and vegetables that limits carbohydrates to late in the day. Check out Dr. Mogul's website ([syndromew.com](http://syndromew.com)) for information.

## expecting too much from exercise

Who hasn't thought, *I just walked for 30 minutes, so I can have that piece of chocolate cake tonight*. But remember this: "It's much easier not to eat a candy bar than to burn 300 calories exercising," says Jennifer L. Temple, PhD, assistant professor of exercise science and nutrition at the University at Buffalo. "People frequently overestimate the calories they're burning during exercise," she says.

Let's say you walk for an hour each day (for the average 150-pound woman, that burns about 200 calories). That's about *half* of the calories in a piece of chocolate cake—which you could all too easily eat.

■ **AVOID IT** "Focus on cutting calories, and think of exercise as a way to help you do that instead of looking at it as, 'I did this much activity, so I can eat this many calories,'" says Dr. Temple.

## always doing the same workout

■ **MUSCLES HAVE MEMORY:** They get used to your routine and don't work as hard each time you do it," says Wayne Westcott, PhD, senior fitness executive at the South Shore YMCA in Quincy, Massachusetts. "This means that over time if you don't change things up, you'll burn fewer calories." Another thing to add to your workouts: resistance training, whether it's resisting your own body weight, or using resistance bands or free weights. It's key to building muscle *and* boosting your metabolism, since muscle burns more calories than fat.

■ **AVOID IT** To boost your current workout, walk faster for 1 minute, then return to walking at your regular speed. Repeat this every 5 to 7 minutes. Also add resistance training to your usual routine two to three times per week. For a great quickie, do-anywhere routine, go to [womansday.com/resistance](http://womansday.com/resistance) ▶





# With the help of **SYMBICORT,** I know my asthma is under control

**9** SYMBICORT helps control my asthma symptoms day and night AND starts opening my airways within 15 minutes.\* It is not a rescue inhaler and won't replace one for sudden symptoms.

And SYMBICORT combines two medicines to help control inflammation and constriction. So I'm breathing more freely, and that feels good to me.

**Ask your doctor if SYMBICORT is right for you.**

\*Your results may vary.



## IMPORTANT SAFETY INFORMATION

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma-controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

**SYMBICORT contains formoterol, a long-acting beta<sub>2</sub>-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.**

While taking SYMBICORT, never use another medicine containing a LABA. SYMBICORT won't replace rescue inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day.

If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.


**Please see Important Product Information on adjacent page and discuss with your doctor.**

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.*

**For more information, go to [MySymbicort.com](http://MySymbicort.com)  
or call 1-888-777-4350.**

*If you cannot afford your prescription,  
AstraZeneca may be able to help.*

**Symbicort<sup>®</sup>**  
(budesonide/formoterol fumarate dihydrate)  
Inhalation Aerosol

AstraZeneca 



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Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.


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Inhalation Aerosol

AstraZeneca 



# IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

## WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

- In patients with asthma, long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.
- SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta<sub>2</sub>-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.
- Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.
- Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

## WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine for long-term maintenance treatment, taken twice a day, every day, to control asthma in patients 12 years and older. It will not replace your fast-acting inhaler for relief of sudden asthma symptoms.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT TURBUHALER® [budesonide inhalation powder], PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta<sub>2</sub>-agonist medicine, or LABA. LABA medicines help the muscles in the airways of the lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten, which, in severe cases, can cause breathing to stop completely if not treated right away.

## WHO SHOULD NOT TAKE SYMBICORT?

You should NOT take SYMBICORT if your health care professional:

- decides that your asthma is well controlled using another asthma-controller medicine
- you only use a fast-acting inhaler less than twice a week

## WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have been on an oral steroid, like prednisone
- have osteoporosis
- have an immune system problem or have been exposed to chicken pox or measles
- have tuberculosis or other infections
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. So be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to ensure there are no potential drug interactions.

## HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional.

SYMBICORT should be taken twice every day as prescribed by your health care professional.

SYMBICORT comes in two strengths. Your health care professional will prescribe the strength that is best for you.

### When you use SYMBICORT, make sure you

- use SYMBICORT exactly as prescribed
- take two puffs of SYMBICORT in the morning and two puffs in the evening every day. If you miss a dose of SYMBICORT, you should take your next dose at the same time you normally do
- do not take SYMBICORT more often or use more puffs than you have been prescribed
- rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing
- do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

### Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, tongue; and breathing problems

### Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week

## WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do NOT use other medicines that contain a long-acting beta<sub>2</sub>-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Foradil® Aerolizer® (formoterol fumarate inhalation powder)

## WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Immune system effects and a higher chance for infections
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT

## WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

- Nose and throat irritation
- Headache
- Upper respiratory tract infection
- Sore throat
- Sinusitis
- Stomach discomfort
- Oral thrush

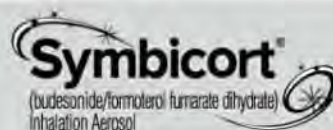
Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

**NOTE:** This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

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Visit [www.MySymbicort.com](http://www.MySymbicort.com).  
Or, call 1-888-SYMBICORT



AstraZeneca



## being a motivated eater

**What would you do** to get a snack? Get off the couch at 10 P.M., change out of your pajamas and drive through a frigid night to buy ice cream at the grocery store? Then you're a motivated eater and it can be harder for you to resist indulging your cravings, says Dr. Temple. "Non-motivated" eaters would rather not eat anything and just stay put on the couch.

■ **AVOID IT** Stop, drink, reevaluate. Next time you find yourself craving Ben & Jerry's at midnight, have a tall glass of water (or seltzer or decaf iced tea) first. If you've still got a monster craving, have a small serving of your treat. Better yet, make it a lower-in-calories-and-fat version: ½ cup lowfat ice cream, one granola bar or cookie. And if you want to drive through a blizzard for ice cream, at least make yourself wait until tomorrow!

## eating too much sugar

Sounds like a no-brainer—eat too much sugar and you're sure to gain weight. But what if you don't even realize how much you're eating? It's a real possibility these days, since so many foods—even ones you wouldn't think need to be sweet—contain added sugars.

The problem is that the more sugar you eat, the more you crave. Sugar can cause your blood sugar to spike; when it drops down again, you want more of the sweet stuff and can end up eating more calories, says Dr. Temple.

■ **AVOID IT** Carefully read food labels before you purchase a product, and limit the ones with predominantly added sugars. Some of these include corn syrup, high-fructose corn syrup, sucrose, sugar, brown sugar, cane sugar, honey and molasses. The higher up on the ingredients list the sugar is, the more of it there is in the product. wd



RYANN COOLEY/GETTY

## Scars Stretch marks Uneven skin tone?

I was first introduced to Bio-Oil after I cut my leg while hiking. A friend recommended using Bio-Oil as soon as the wound had healed and I am so grateful for her advice! Thanks to Bio-Oil, the scar is now just a faint line which I rarely think about. Then, 3 or 4 weeks back, I decided to try it on my face — I've been an outdoors person all my life and have more than my share of skin damage. Well, my skin feels much smoother and looks positively radiant! Needless to say, Bio-Oil now has a permanent place in my medicine cabinet!\*

Fiona Stewart

Bio-Oil® is a specialist skincare product that is specifically formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for other skin concerns including aging and dehydrated skin. Bio-Oil absorbs quickly and leaves no oily residue. It is suitable for all skin types and should be applied twice daily. Bio-Oil is available at Walgreens, CVS/pharmacy, Rite Aid and other leading retailers from \$11.99 (2fl.oz.) and \$19.99 (4.2fl.oz.). \*Individual results may vary. For more information ask your pharmacist or visit [bio-oil.com](http://bio-oil.com).



Now in  
USA &  
Canada







# eat well for less

Think healthy food is expensive—or boring? We've got great ideas (including dinners for less than \$3!) that will change your mind

IT'S NO SECRET THAT A TRIP TO THE SUPERMARKET is getting more expensive, but watching your wallet doesn't mean you have to sacrifice eating healthy. "With a little creativity and planning, making affordable, good-for-you meals that taste great is surprisingly simple," says Michelle Dudash, RD, owner of Chef Dudash Nutrition in Gilbert, Arizona.

## SUNDAY

### stuffed potatoes

SERVES 4, \$1.73 PER SERVING

#### FROM YOUR PANTRY

- ¼ tsp salt
- ⅛ tsp pepper
- ¼ tsp garlic powder

#### ON YOUR SHOPPING LIST

- 4 large russet potatoes (\$1.96)\*
- 1 cup part-skim ricotta (\$2.10)
- 1 cup reduced-fat shredded Cheddar (\$2)
- 1 cup frozen spinach, thawed and drained (86¢)

Bake potatoes in a 400°F oven for 1 hour or until soft. Remove from oven and carefully slice each potato in half. Scoop insides into a bowl, setting skins aside. Mash potatoes with a fork. Combine with ricotta, Cheddar, spinach, salt, pepper and garlic powder. Spoon potato mixture back into skins. Warm in a 350°F oven for 15 minutes.

Per serving: 440 cal, 24 g pro, 70 g car, 9 g fiber, 8 g fat (4 g sat fat), 25 mg chol, 484 mg sod

## MONDAY

### chicken fajitas

SERVES 4, \$2.78 PER SERVING

#### FROM YOUR PANTRY

- 2 Tbsp olive oil
- ¼ tsp chili powder
- ¼ tsp garlic powder
- ¼ tsp salt

#### ON YOUR SHOPPING LIST

- 1 medium onion, diced (89¢)
- 1 red bell pepper, cut into thin strips (\$1.29)
- 1 green bell pepper, cut into thin strips (79¢)
- 1 lb boneless, skinless chicken breasts, cut into 1-in. strips (\$3.46)
- 1 15.5-oz can black beans (66¢)
- 4 honey-wheat flour tortillas (\$2.28)
- ¼ cup reduced-fat shredded Cheddar (\$1)
- ¼ cup salsa (75¢)

Heat 1 Tbsp olive oil in a large sauté pan over medium heat. Add onion and peppers and sauté until soft, about 5 minutes. Remove vegetables from pan and put aside. Heat additional 1 Tbsp olive oil in pan. Add chicken breasts and season with chili powder, garlic powder and salt. Cook for 7 minutes,



turning halfway through. While chicken is cooking, drain and rinse black beans and warm in the microwave for 1 to 2 minutes. Remove chicken from pan and serve over tortillas with sautéed vegetables, cheese and salsa. Serve with warmed black beans.

Per serving: 477 cal, 39 g pro, 58 g car, 8 g fiber, 12 g fat (2 g sat fat), 67 mg chol, 682 mg sod

## TUESDAY

### turkey burgers

SERVES 4, \$2.76 PER SERVING

#### FROM YOUR PANTRY

- 2 Tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder

#### ON YOUR SHOPPING LIST

- 1 lb asparagus, trimmed (\$3.99)
- 1 medium onion, diced (89¢)
- 1 lb ground turkey (\$2.99)
- 2 Tbsp tomato paste (17¢)
- 1 large egg (19¢)
- ¼ cup seasoned bread crumbs (12¢)
- 4 whole-wheat hamburger buns (\$1.50)
- 1 large tomato, sliced (\$1.19)

Toss asparagus with 1 Tbsp olive oil, salt and a pinch of pepper. Spread on a baking sheet and roast in a 400°F oven for 15 minutes. Heat additional 1 Tbsp olive oil in a large sauté pan over medium heat. Add onion and sauté for 5 minutes. Remove and cool. In a large bowl combine onion, turkey, tomato paste, egg, bread crumbs, a pinch of pepper and garlic powder. Mix well. Divide into 4 patties and cook in same sauté pan as onions over medium heat for 10 to 12 minutes (or until cooked through), turning halfway through. Serve on whole-wheat buns with tomato and asparagus on the side.

Per serving: 430 cal, 29 g pro, 36 g car, 6 g fiber, 20 g fat (4 g sat fat), 135 mg chol, 683 mg sod

## WEDNESDAY

### penne with sauce

SERVES 4, \$1.94 PER SERVING

#### FROM YOUR PANTRY

- 1 Tbsp olive oil
- 1 tsp minced garlic
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder

- 1 tsp dried oregano
- 1 tsp sugar

#### ON YOUR SHOPPING LIST

- 1 medium onion, diced (89¢)
- 1 large carrot, finely chopped (30¢)
- ¾ lb 95% lean ground beef (\$3.59)
- 1 28-oz can crushed tomatoes (\$1.59)
- 2 Tbsp tomato paste (17¢)
- 8 oz whole-wheat penne (\$1.20)

Heat olive oil in a large sauté pan over medium heat. Add onion and carrot; sauté for 5 minutes. Add garlic; sauté for 2 more minutes. Add ground beef. Season with salt, pepper and garlic powder; sauté until browned. Add tomatoes, tomato paste, ½ cup water, oregano and sugar; simmer over low heat for 20 minutes. Meanwhile, cook penne according to package directions. Drain, toss with sauce and serve.

Per serving: 417 cal, 29 g pro, 60 g car, 12 g fiber, 9 g fat (3 g sat fat), 53 mg chol, 537 mg sod

## THURSDAY

### edamame fried rice

SERVES 4, \$1.24 PER SERVING

#### FROM YOUR PANTRY

- 2 Tbsp canola oil
- ½ tsp minced garlic

#### ON YOUR SHOPPING LIST

- 2 cups instant brown rice (\$1.88)
- 1 medium onion, diced (89¢)
- 4 oz sliced water chestnuts (50¢)
- 1 cup frozen edamame, defrosted (86¢)
- 2 eggs, scrambled (38¢)
- 1 scallion, sliced (13¢)
- 3 Tbsp low-sodium soy sauce (33¢)

Cook rice according to package directions. Meanwhile, heat canola oil in a large sauté pan over medium heat. Add onion and cook until soft, about 5 minutes. Add garlic and sauté 2 more minutes. Reduce heat to low. When rice is cooked, add to pan along with water chestnuts, edamame, eggs, scallion and soy sauce. Toss and serve.

Per serving: 366 cal, 12 g pro, 52 g car, 5 g fiber, 12 g fat (1 g sat fat), 90 mg chol, 354 mg sod

## FRIDAY

### chicken curry stir-fry

SERVES 4, \$1.93 PER SERVING

#### FROM YOUR PANTRY

- 2 tsp curry powder

- ¼ tsp salt
- 2 Tbsp canola oil

#### ON YOUR SHOPPING LIST

- 1 cup instant brown rice (94¢)
- 1 bunch broccoli, cut into florets (\$2.89)
- 1 lb chicken breasts, cut into 1-in. chunks (\$3.46)
- 2 Tbsp chicken broth (7¢)
- ¼ cup peanuts (36¢)

Prepare rice according to package directions. Meanwhile, cook broccoli in a saucepan with boiling water for 4 minutes. Drain and set aside. Season chicken on both sides with curry powder and salt. Heat oil in a large sauté pan over medium heat. Add chicken and cook for 6 minutes, turning at about 3 minutes. Add chicken broth and sauté for 1 more minute. Add broccoli and peanuts and toss. Serve over rice.

Per serving: 395 cal, 35 g pro, 31 g car, 6 g fiber, 15 g fat (2 g sat fat), 69 mg chol, 314 mg sod

## SATURDAY

### veggie chili

SERVES 4, \$2.31 PER SERVING

#### FROM YOUR PANTRY

- 1 Tbsp olive oil
- 1 tsp minced garlic
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- ¼ tsp cinnamon

#### ON YOUR SHOPPING LIST

- 1 medium onion, diced (89¢)
- 1 cup instant brown rice (84¢)
- 1 28-oz can crushed tomatoes (\$1.59)
- 1 15.5-oz can pinto beans, drained and rinsed (79¢)
- 1 15.5-oz can black beans, drained and rinsed (66¢)
- 1 cup frozen corn, thawed (67¢)
- 1 4-oz can diced green chiles (\$1.50)
- 4 honey-wheat tortillas (\$2.28)

Heat oil in a saucepan over medium heat. Add onion; sauté for 5 minutes. Cook rice according to package directions. Add garlic and sauté for 2 more minutes. Add tomatoes, beans, corn, chiles and spices. Cover, reduce heat to low and simmer 20 minutes. Serve over ½ cup rice. ►

Per serving: 559 cal, 21 g pro, 110 g car, 19 g fiber, 7 g fat (1 g sat fat), 0 mg chol, 829 mg sod



## instant cash giveaway

We're inviting you to sign up today at [www.womansday.com/sweepstakes](http://www.womansday.com/sweepstakes) to participate in our online surveys and for a chance to win big in the Instant Cash Giveaway. When you enter, you'll

be eligible to win one of 99 incredible prizes, including:

WIN  
\$350  
INSTANT CASH  
THIS MONTH!

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## TOP TRICKS TO DOWNSIZE YOUR GROCERY BILL

**1. Do it yourself** Chop your own veggies, wash your own lettuce and make your own tomato sauce (it's easy—see Wednesday's dinner for an example). Skip preseasoned rice and pasta mixes, which tend to be high in sodium and filled with preservatives, in addition to costing extra. Buy unseasoned grains (like brown rice) and add your own herbs and spices.

**2. Skip fortified foods** Vitamin drinks, cereals designed for women, and energy bars are all fortified with extra (and often unnecessary) nutrients—and have the price tag to prove it. Whole foods provide all the nutrients you need for a fraction of the cost.

**3. Use it, don't lose it** "Instead of tossing all those little bits of leftover chicken or meat, save them to use later in the week," says Dudash, who recommends using them for tacos, fajitas or soup.

**4. Think big** Buy economy-size packages of staples like milk, eggs, rice, pasta and cereal. For what you'd pay for 10 individual packets of oatmeal, you could get 25 servings from a container of whole oats.

**5. Go meatless** Vegetarian eats like beans, brown rice, polenta and whole-wheat pasta are loaded with crucial nutrients including fiber and folic acid, yet cost much less than meat, fish or poultry. **wd**

## budget-friendly must-haves

These inexpensive basics don't cost much, but they add lots of flavor. Keep them on hand in your pantry at all times.

freshly ground black pepper • ground cinnamon  
• chili powder • garlic powder • minced garlic  
in jar (store in refrigerator after opening) • dried  
oregano • ground cumin • curry powder • sugar  
• olive oil • canola oil

## TRY IT TODAY

Write a shopping list for a week's worth of healthy groceries so you won't splurge on impulse purchases.



Eat Healthy America is a Woman's Day yearlong

initiative designed to make eating well easy for you and your family. To learn more, check out [womansday.com/eathealthy](http://womansday.com/eathealthy)

**The Eat Healthy America Panel** Karen Ansel, RD, media representative for the New York State Dietetic Association; Louis J. Aronne, MD, director of the Comprehensive Weight Control Program at New York-Presbyterian Hospital/Weill Cornell Medical Center; Marissa Lippert, RD, founder of Nourish, a personal nutrition counseling service



Promotion

# health HOME beauty



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"Viviscal was the best news I could have hoped for!" Pamela Sue Martin, Actress



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Tom does not.

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**allergist**

Find an allergist. Find relief.

[www.AllergyAndAsthmaRelief.org](http://www.AllergyAndAsthmaRelief.org)





*make in minutes*

Prep: 10 min. Bake: 30 min. Makes: 12 servings

## Green Bean Casserole

- |                                                                                       |                                                          |
|---------------------------------------------------------------------------------------|----------------------------------------------------------|
| 2 cans (10 3/4 oz. each) Campbell's® Cream of Mushroom Soup (Regular or 98% Fat Free) | 1/4 tsp. ground black pepper                             |
| 1 cup milk                                                                            | 8 cups cooked cut green beans                            |
| 2 tsp. soy sauce                                                                      | 1 can (6 oz.) French's® French Fried Onions (2 2/3 cups) |

1. Stir soup, milk, soy sauce, black pepper, beans and 1 1/3 cups onions in 3-qt. casserole.
2. Bake at 350°F. for 25 min. or until hot. Stir.
3. Top with remaining onions. Bake for 5 min. more.



**Go Nuts!** Toast 1/2 cup sliced almonds. In step 3, add with remaining onions.



**For Cheese Lovers:** Omit soy sauce. In step 1, stir in 1/2 cup shredded Cheddar cheese. In step 3, add an additional 1/2 cup shredded Cheddar cheese with remaining onions.

**For more quick, easy and delicious recipes visit:**

CampbellsKitchen.com



M'm! M'm! Good! *Casserole*  
**POSSIBILITIES**



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# solutions



## take 5 minutes

Tote wire hangers back to the dry cleaner's so that they can be reused or recycled. You'll be doing a good thing for the environment—3.5 billion wire hangers end up in landfills every year—and you'll reduce closet clutter, too. Like this tip? Find it and many more in *The Green Year: 365 Small Things You Can Do to Make a Big Difference* by Jodi Helmer (\$14.95; Alpha Books).



# tip talk

organizing, cleaning, recycling & more



## 5 things to do with... toothpicks

- 1 TEMPORARILY SAVE YOUR GLASSES** Lose an eyeglass screw? Slide a piece of toothpick into the screw hole; add tape to hold things together until you can get them fixed.
- 2 DECORATE A CAKE** Prevent mistakes by lightly sketching your letters and flowers in the frosting with a toothpick before you pick up that piping bag.
- 3 PREVENT SHREDDED TAPE** Stick a toothpick to the cut end of packing tape so you can find it next time. We know—brilliant.
- 4 FILL IN SMALL SCRATCHES** Next time you have a scratch that you want to fill with paint, putty or varnish, use a toothpick to spread it along the scraped area.
- 5 PLUG A GARDEN HOSE LEAK** Break off a third of a toothpick and slide it into the hole until the edge is flush with the hose. Wrap waterproof tape around the hose to secure. Should get you through the season.

## BANKING ON BABY WIPES

I've never been a big fan of piggy banks—the hole just isn't big enough to dump change into, and more than once I've knocked them off the edge of the dresser, smashing them to bits. Last month I needed a container to lug my change to the bank and inadvertently discovered that empty baby wipe containers make great piggy banks! The hole in the middle is perfect for dropping in handfuls of change, and the containers are strong enough to handle \$75 worth of coins. Best part? Little fingers will stop helping themselves to your cash stash—the packaging provides a perfect camouflage for what's really inside.



## THE BEST WAY TO recycle it

### VHS TAPES

Now that DVDs have taken over, everyone has a pile of old VHS tapes gathering dust. To keep them out of landfills, drop them in the mail to Alternative Community Training, a nonprofit Missouri company that provides jobs to people with disabilities. Workers erase the tapes, reselling the ones that are in good shape and recycling the plastic parts of the rest. They've recycled more than 1 million tapes so far. Mail the tapes (at the cheaper USPS media mail rate) to ACT, 2200 Burlington, Columbia, MO 65202. ►







*Hungry for clogs.*





## shade problems solved!



**No one really understands** how window shades work, which is why most people have one...*ahem*, a few...that are “broken.” Here’s a cheat sheet to quick solutions.

SHADE GLITCH	ONE-MINUTE FIX
It stops in the middle and won’t roll up all the way.	Pull the shade halfway down. Take the roller off its brackets and roll the shade back up by hand. Replace into brackets.
It rolls up with the force of a NASA launch. Sometimes all by itself.	When the shade is fully rolled up, take it down from its brackets. Unroll it halfway, then rehang.
It won’t roll up—it’s stuck all the way down.	Remove the shade. Pop the cap off the end that has the flat pin. With pliers, grab the flat pin, and twist it clockwise until you feel tension. Rehang.
It won’t “catch” right and hold itself up.	It’s the ratchet tooth mechanism. Take down the shade, and pull the cap off the end with the flat pin. Clean the metal pieces with a damp cloth, and lubricate by spraying only the rotating part with WD-40. Replace.

## WORD OF THE MONTH: **SPRING**

**1** (noun) The season between winter and summer. *Over 75% of people do spring cleaning—and most find that doing a thorough job now cuts down on cleaning time in the summer.* **2** (verb) To pay for. *Springing for an extra \$10 to \$15 tip when you need your handyman is a good investment—in the future he’s more likely to respond to your off-hours calls.*

## gotta have it!

Let’s face it, your sneakers rarely smell like lilacs. That’s why I use Sports Sox, 8-inch cedar-filled pouches that slide into shoes to freshen them up. I have a few sets and drop them into whichever shoes need them. These amazing little pouches also dry out rained-on shoes in two hours, and they’re heaven-sent for anyone with athletic kids. [cedaramerica.com](http://cedaramerica.com); \$17.95 for three pairs.



## TRASH TIME

My garbage can is always a little smelly, no matter how often I bleach it. A cat-owner friend recently gave me a solution: Sprinkle cat litter into the bottom of each bag to kill odors. You can also toss a bit into the bottom of the can and change the litter whenever odors return. **wd**





"My migraines are so excruciating,  
I just want to take my head off."



From the makers  
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something even more  
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it works 2 ways:



[1] Targets the nerves and  
blood vessels believed to  
trigger a migraine.



[2] Relieves inflammation  
that causes migraine pain.

\*Contains 2 medicines: IMITREX  
(sumatriptan) & prescription-strength  
naproxen sodium (an NSAID).

<sup>†</sup>Superior to the ingredient in IMITREX

Ask your doctor about TREXIMET—before your next migraine attack.

Visit [treximet.com](http://treximet.com) to find out how to save up to \$50<sup>§</sup> on your first prescription, or call 1-877-TREXIMET.

Prescription TREXIMET is for acute treatment of migraine attacks in adults.

#### Important Safety Information:

TREXIMET may increase the risk of heart attack, stroke, serious stomach and intestinal problems such as bleeding and ulcers, and serious rash that may be fatal and occur without warning. Risk of stomach and intestinal problems increases in the elderly. Do not take TREXIMET if you have a history of heart or liver disease, stroke, TIAs, problems with blood circulation, uncontrolled blood pressure, or allergic reaction to aspirin, NSAIDs, or sumatriptan; or right before or after heart surgery called coronary artery bypass graft (CABG). Talk to your doctor before taking TREXIMET if you have risk factors for heart disease, like smoking, diabetes, and high blood pressure; stomach ulcers or bleeding; kidney problems; are pregnant, nursing, or thinking about becoming pregnant; or taking medications, especially pain relievers or antidepressants. A life-threatening problem may occur with TREXIMET, especially if used with antidepressants called SSRIs or SNRIs. Do not take TREXIMET if you have taken an MAOI antidepressant within the last 2 weeks.

Please see accompanying important information about TREXIMET.

<sup>‡</sup>Results may vary. <sup>§</sup>Subject to eligibility, restrictions apply.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.



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**Treximet**  
sumatriptan/  
naproxen sodium



**MEDICATION GUIDE**  
**TREXIMET™ [trex' i-met] Tablets**  
**(sumatriptan and naproxen sodium)**

**What is the most important information I should know about TREXIMET?**

TREXIMET, which contains sumatriptan and naproxen sodium [a nonsteroidal anti-inflammatory drug (NSAID)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases:

- with longer use of NSAID medicines
- in people who have heart disease.

NSAID-containing medicines, such as TREXIMET, should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG).

NSAID-containing medicines, such as TREXIMET, can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding:

- can happen without warning symptoms
- may cause death.

The chance of a person getting an ulcer or bleeding increases with:

- the use of medicines called steroid hormones (corticosteroids) and blood thinners (anticoagulants)
- longer use
- more frequent use
- smoking
- drinking alcohol
- older age
- having poor health.

TREXIMET is not recommended for people with risk factors for heart disease unless a heart exam is done and shows no problems.

The risk factors for heart disease include:

- high blood pressure
- high cholesterol levels
- smoking
- obesity
- diabetes
- family history of heart disease
- female who has gone through menopause
- male over age 40.

"Serotonin syndrome" is a serious and life-threatening problem that may occur with TREXIMET, especially if used with antidepressant medicines called selective serotonin reuptake inhibitors (SSRIs) or selective norepinephrine reuptake inhibitors (SNRIs).

Commonly used SSRIs are:

- CELEXA® (citalopram HBr)
- LEXAPRO® (escitalopram oxalate)
- PAXIL® (paroxetine)
- PROZAC®/SARAFEM® (fluoxetine)
- SYMBYAX® (olanzapine/fluoxetine)
- ZOLOFT® (sertraline)
- LUVOX® (fluvoxamine).

Commonly used SNRIs are:

- CYMBALTA® (duloxetine)
- EFFEXOR® (venlafaxine).

Call your healthcare provider if you have symptoms of serotonin syndrome, which include:

- mental changes (hallucinations, agitation, coma)
- fast heartbeat
- changes in blood pressure
- high body temperature or sweating
- tight muscles
- trouble walking
- nausea, vomiting, diarrhea.

TREXIMET should only be used:

- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed.

TREXIMET already contains an NSAID (naproxen). Do not use TREXIMET with other medicines to lessen pain or fever without talking to your healthcare provider first, because they may contain an NSAID also.

**What is TREXIMET?**

TREXIMET is a prescription medicine used to treat migraine attacks in adults. It does not prevent or lessen the number of migraines you have, and it is not for other types of headaches. TREXIMET contains 2 medicines: sumatriptan and naproxen sodium (an NSAID). This Medication Guide provides important information you need to know before taking TREXIMET. It does not take the place of talking with your healthcare provider about your medical condition or your treatment.

**How should I take TREXIMET?**

- Take 1 TREXIMET tablet to treat your migraine headache. Do not take more than 2 TREXIMET tablets in 24 hours. Doses should be separated by at least 2 hours.
- TREXIMET can be taken with or without food.
- Do not split, crush, or chew TREXIMET tablets.
- If you take too much TREXIMET, call the Poison Control Center at 1-800-222-1222.

**Who should not take TREXIMET?**

Do not take TREXIMET right before or after heart bypass surgery.

Do not take TREXIMET if you have or have had:

- uncontrolled high blood pressure
- hemiplegic or basilar migraine. (Ask your doctor if you are not sure what type of migraine you have.)
- liver problems
- an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine
- a heart attack or a history or symptoms of heart disease (such as chest pain or angina)
- a stroke, mini-stroke (transient ischemic attack or TIA), or other stroke-like syndrome
- problems with blood circulation to parts of your body, such as less blood flow to your intestines (ischemic bowel disease)
- allergic reactions to sumatriptan, naproxen, or other ingredients in TREXIMET.

Do not take TREXIMET if you take or have taken an antidepressant medicine called a monoamine oxidase (MAO) inhibitor within the last 2 weeks. Common MAO inhibitors are isocarboxazid (MARPLAN®), phenelzine (NARDIL®), tranylcypromine (PARNATE®), and selegiline (ELDEPRYL®, EMSAM®). Ask your healthcare provider if you are not sure if your medicine is an MAO inhibitor.

Do not take TREXIMET if you have taken other migraine medicines in the last 24 hours such as:

- ergotamine-containing medicine or
- another triptan medicine.

Before starting TREXIMET, tell your healthcare provider about:

- all of your medical conditions including kidney or liver problems
- all allergies to any medicines
- chest pain, shortness of breath, irregular heartbeats
- medicines you may take for migraines, depression, or other health problems such as MAO inhibitors, SSRIs, or SNRIs
- all the prescription and non-prescription medicines you take, including vitamins and herbal supplements. Some medicines can interact with TREXIMET and cause serious side effects.

Keep a list of your medicines to show to your healthcare provider.

Before starting TREXIMET, tell your healthcare provider if you:

- are pregnant, think you might be pregnant, or are trying to become pregnant. TREXIMET should not be used by pregnant women late in their pregnancy.
- are breastfeeding
- have a headache that is different from your usual migraine
- have or have had epilepsy or seizures.

**What are the possible side effects of TREXIMET?**

<p><b>Serious side effects include:</b></p> <ul style="list-style-type: none"> <li>• heart attack</li> <li>• heartbeat problems</li> <li>• stroke</li> <li>• high blood pressure</li> <li>• heart failure from body swelling (fluid retention)</li> <li>• kidney problems including kidney failure</li> <li>• bleeding and ulcers in the stomach and intestine</li> <li>• low red blood cells (anemia)</li> <li>• life-threatening skin reactions</li> <li>• life-threatening allergic reactions</li> <li>• liver problems including liver failure</li> <li>• asthma attacks in people who have asthma</li> <li>• loss of blood circulation to areas of your body</li> <li>• serotonin syndrome (See list of symptoms in "What is the most important information I should know about TREXIMET?")</li> </ul>	<p><b>Other side effects include:</b></p> <ul style="list-style-type: none"> <li>• pain, tightness, or pressure in the chest, neck, and throat</li> <li>• stomach pain</li> <li>• constipation</li> <li>• diarrhea</li> <li>• gas</li> <li>• heartburn</li> <li>• nausea</li> <li>• vomiting</li> <li>• dizziness</li> <li>• drowsiness</li> <li>• tiredness</li> <li>• weakness</li> <li>• tingling and numbness</li> <li>• unusual body sensations</li> <li>• redness of face (flushed)</li> </ul>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Get emergency help right away if you have any of the following symptoms:

- shortness of breath or trouble breathing
- chest pain
- swelling of the face or throat
- weakness in one part or on one side of your body
- slurred speech.

Stop TREXIMET and call your healthcare provider right away if you have any of the following symptoms:

- nausea that seems out of proportion to your migraine
- stomach pain
- sudden/severe pain in your belly
- vomit blood
- blood in your bowel movement or it is black and sticky like tar
- itching
- skin rash or blisters with fever
- yellow skin or eyes
- swelling of the arms and legs, hands, feet, face, lips, or tongue
- unusual weight gain
- more tired or weaker than usual
- flu-like symptoms
- serotonin syndrome. See list of symptoms in "What is the most important information I should know about TREXIMET?"

Tell your healthcare provider if you have any side effects that bother you or do not go away. These are not all of the side effects of TREXIMET. For more information ask your healthcare provider.

Call your healthcare provider for medical advice about side effects. You may report side effects at FDA at 1-800-FDA-1088.

**How should I store TREXIMET?**

- Store TREXIMET at room temperature, 59° to 86°F (15° to 30°C).
- Keep TREXIMET and all medicines out of the reach of children.

**General information about TREXIMET**

- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use TREXIMET for a condition for which it was not prescribed.
- Do not give TREXIMET to other people, even if they have the same problem you have. It may harm them.
- This Medication Guide contains the most important information about TREXIMET. If you would like more information, talk with your healthcare provider.
- You can ask your healthcare provider for information written for healthcare professionals.
- For more information call 1-888-825-5249 (toll-free), or visit [www.TREXIMET.com](http://www.TREXIMET.com).

**What are the ingredients in TREXIMET?**

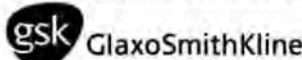
**Active ingredients:** sumatriptan succinate and naproxen sodium

**Inactive ingredients:** croscarmellose sodium, dextrose monohydrate, dibasic calcium phosphate, FD&C Blue No. 2, lecithin, magnesium stearate, maltodextrin, microcrystalline cellulose, povidone, sodium bicarbonate, sodium carboxymethylcellulose, talc, and titanium dioxide.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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by Denise Schipani



# the practical housekeeper

**J**UST TAKE A SPIN DOWN the cleaning aisle at the supermarket, and you'll realize the cruel reality of housekeeping: Getting your home clean and organized can cost *a lot* of money. There has to be a better way. So we asked housekeeping experts for their best money-saving tips to help you maintain your standards without breaking the bank.

**Pare down the potions** Buy strategically, thinking double and even triple duty, says Julie Edelman, author of *The Ultimate Accidental Housewife: Your Guide to a Clean-Enough House*. "Regular glass cleaner is my favorite; you can use it instead of separate products for windows, counters and other surfaces." If you can, buy in bulk and decant into smaller reusable containers to store in your kitchen and bathroom cabinets.

**Concentrate!** Check out concentrated cleaners, which you dilute with water, says Sloan Barnett, author of *Green Goes with Everything: Simple Steps to a Healthier Life and a Cleaner Planet*. "They use less packaging, which saves resources, and because they're concentrated, one bottle lasts longer, so it's less expensive."

**Take stock** Before you hit the cleaning aisle, get reacquainted with what's under your sinks. Pull out everything: Do you have two opened bottles of wood floor cleaner? Three kinds of carpet spot remover? It's easy to buy new stuff when you're not sure what you already have, says Edelman.

**Don't treat the cleaning aisle like Baskin-Robbins** There may be more than 31 ways to clean a toilet, but don't waste your money on every one. "What gets expensive is trying all those disposable wipes, mops and toilet brush thingies," says *(Please turn to 86)*



This is where  
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with the amazing  
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she smelled her  
date's shirt while  
he ate Cannelloni.



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## THE PRACTICAL HOUSEKEEPER

**CONTINUED** Carolyn Erickson, a former housecleaner and contributing writer to The Housekeeping Channel ([housekeepingchannel.com](http://housekeepingchannel.com)). Stick to a few basics like your toilet brush and some cleanser.

**Maintain what you own** Instead of relegating your old vacuum cleaner to the junk heap, get it cleaned and serviced once a year to keep it humming, says Erickson.

**Avoid throwaways** Use microfiber cloths rather than paper towels; dustrags (old T-shirts, for example) instead of disposable dustcloths; and an old-fashioned mop (with a removable, machine-washable head) rather than a mopping “system.”

**Clean as you go** The tidier you keep things, the less often you'll have to do a big scrub, says Edelman, so you'll use cleansers less frequently. When soaping up kids in the tub, use a non-oily bubble bath or shampoo, and swish out the tub afterward. Rinse well, and keep a microfiber cloth on hand to shine the faucets and quickly wipe down the edges (where soap spills collect).

**Pause before washing** Often, “dirty” clothes just need airing (or a spritz with a fabric freshener), says Alicia Rockmore, organization expert and coauthor of *Everything (Almost) in Its Place*. No need to fill a washer with once-worn jeans.

**Fold like the Gap** Seriously! Folding shirts and sweaters neatly keeps clothes in good shape and wrinkle-free, so they'll last longer without needing to be replaced. Tops thrown all over are more likely to be tossed in the wash because you're not sure what's clean, says Rockmore.

**Share the big stuff** You want to keep your carpets shampooed, wood floors polished and a tall ladder in the garage, but do you really need to buy all these heavy-duty items? Instead of shelling out a lot of cash, get together with neighbors and share them.

**Wash smart** Using your dishwasher? Forgo the rinse-hold cycle (it uses 3 to 7 gallons of hot water!) and the heated drying cycle—both use a ton of energy. And dishes will still sparkle if you use half the recommended amount of detergent.

**Schedule tasks to save** If you have several loads of laundry to do, tackle as many as you can in one day; your dryer uses less energy when it runs consecutive loads. Same goes for ironing: Better to iron a week's worth of shirts in one go.



## DIY to save

Plumbing's gone fritz? Bathroom in need of refreshing? If you think your only choices are to dole out cash, think again. Lou Manfredini, Ace's Helpful Hardware Man, explains a few surprisingly simple fixes you can tackle yourself.

### toilet won't flush?

Could be the fault of clogged holes under the rim, which block enough water from coming through. Use a pipe cleaner and some calcium cleanser (such as Lime-A-Way or CLR) and you should be good to go, uh, go.

### door stuck?

Find the hinge closest to where the door's sticking to the door jamb, remove one of the screws that's there and install a 3-inch wood screw into the hinge. Tighten the screw, and you'll re-pitch the door.

### tub or shower caulk looking dingy?

It's not too hard or scary to replace. Scrape out the old caulk, clean well with cleanser and let dry overnight. Stretch blue painter's tape along the rim of the tub and the walls, leaving a 1/8-inch gap between. Apply a thin bead of bathroom caulk (ask at the hardware store for the right kind), and smooth with your finger. Remove tape and let dry for 24 hours.

### hole in the wall?

Go to the hardware store and get a metal self-stick patch, lightweight joint compound and a taping knife. Cover the hole with the metal patch, and use the knife to apply a thin coat of joint compound. Let dry, then apply another coat, in a wider circumference. Let dry, then apply a third coat. When that's dry, lightly sand, prime and repaint to match the wall.



## must-have multitaskers

Save time and money with these favorites of The Ultimate Accidental Housewife, Julie Edelman:

► **GLASS CLEANER** or another all-purpose surface cleaner. The emphasis: *all-purpose*. Easier and cheaper than a cabinet full of sprays and spritzes.

► **MULTIPURPOSE DISINFECTING WIPES** OK, these aren't exactly eco-friendly since they're use-and-toss, but if you put a premium on your valuable time and sanity, a tub of these stashed in the kitchen and bath make quick work of in-between cleanings.

► **MICROFIBER CLOTHS** The major miracle of today's housekeeping—they're absorbent, dust-attracting, non-linty, work whether wet or dry, and, above all, are machine-washable.

► **MR. CLEAN MAGIC ERASER** (or similar). Inexpensive, long-lasting and gets rid of scuffs, errant crayon marks, and other "where did that come from?" smudges.

► **MILD DISHWASHING LIQUID** Secret: You don't necessarily have to use a special cleanser for many things. A squirt of dish liquid and water on a microfiber cloth, and you can clean counters, refrigerator shelves, racks, and on and on.

## SAVE BY ORGANIZING

It may not seem intuitive, but organizing your stuff can save you money. "If you know where everything is, you don't have to go out and buy duplicates," says Tava Smiley, host of TLC's *Clean Sweep*.

**repurpose/recycle** Don't toss shoeboxes: Use them in children's dresser drawers to help them organize socks and undies. Boxes from mail-order stuff (especially the small ones from photo sites or book retailers) are good for craft supplies and small toys. And empty baby food jars are great for holding spices.

**get good hangers** Wood hangers are best to keep your clothing in good shape so it looks better and lasts longer.

**sort it** Go through your closet, pulling out items you don't use, and either sell them or give them to charity. While you're at it, put aside classic clothing pieces that are simply a decade or so out of date. "Shortening the hem of a dress, removing the shoulder pads and tailoring a jacket are easy ways to refresh clothing," says Smiley.

**mine cash from your kitchen** Check cabinets for appliances that aren't being used. If you can't remember the last time you made smoothies, then maybe you don't need that blender after all. Selling smaller kitchen appliances can add up (try free classified sites like Kijiji.com or Craigslist.org).

**update your pantry** Take stock of what you have. (Old cans of chicken stock or creamed corn? Check the date and toss what's no longer good. Use inexpensive risers to organize items.) Even consider putting a dry-erase board on the inside door to list what you've got and what you're low on. **wd**



Available in liquid and sheets





### a fresh look

Bursts of pattern and color can make a difference. Love this room? Try Mohawk Mozambique carpet in Pebble Path (\$36 per sq. yard; [mohawkcarpets.com](http://mohawkcarpets.com) for stores), Sherwin-Williams Fading Rose paint (\$28 per gallon; [sherwin-williams.com](http://sherwin-williams.com)), Waverly Hyannis Check-Ebony fabric (\$7.25 per yard; [waverly.com](http://waverly.com)).





# design on a ~~dime~~ nickel

Simple revamps make you feel like you're in a new house—no moving van required

WHEN YOU FINALLY CRACK OPEN THE WINDOWS after a long winter and spring breezes start blowing through, it's hard not to get the home-decor bug. But right now, no one wants to drop cash on decorating. No worries. With just a few small design and cleaning tricks, you can refresh your space—whether it's one room or all of them. ►

## living room

- Add a hint of a warm color, like pink, orange or burgundy, to make a cool-hued room more inviting. Here, Anaglypta wallpaper applied to a single wall, then painted pink, works wonders. Try Graham & Brown (\$25 a roll; [grahambrown.com](http://grahambrown.com)).
- Rearrange your furniture to give a space an entirely different look. Facing a sofa toward the room's entrance creates a welcoming feel.
- Go for symmetry, not mirror-image. Tall and short *can* work (as we show on the mantel here), as long as they're balanced.

### spring spruce-up

- Fix up slipcovers. Dry-clean or, before you wash them yourself, check the care label for specific instructions. Our preferred method: Wash on the permanent press cycle using a color-safe detergent. Dry for 15 minutes on permanent press. While still damp, put back on the sofa and let dry.
- Get rid of stubborn pet hair with the Pledge Fabric Sweeper (\$4.99; Target).





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## dining room

**You never think much about this area, until company's coming. Save yourself stress by keeping it decorated. It will make you smile when you pass by—and you'll be ready to welcome guests anytime.**

❑ Is your old rug looking a little drab? Give it some time off and let your wood floors show through.

❑ Cut a large runner in half and hem the ends, then place them width-wise. Ditch your heavy tablecloth to lighten the feel of the room.

❑ A centerpiece doesn't have to be a large, expensive bouquet. Just a few stems placed in a variety of small clear vases will look much more creative.

❑ Eliminate clutter from your hutch and display only items that are similar in color and theme.



### spring spruce-up

● Fake a pricey floor refinish by using a kit like Bona's Ultimate Hardwood Floor Care System, which includes nontoxic cleaner, mop pads and polish (\$59.99; Kohl's).

● Let the sunshine in. Take down drab drapes, and clean the gunk off your windows with Windex's Outdoor All-in-One Glass Cleaning tool (\$14.99 for starter kit; Walmart).





## bedroom

It should be your oasis. A lightly scented candle can help you relax before going to sleep; add a vase of cut flowers for a lovely, fresh start and end to the day.

- Mix and match sheet sets to keep your linens from being a snooze.
- Turn your bedroom into a gallery by using inexpensive binder clips to hang artwork. Swap out new creations with ease.
- Paint your headboard a bold color that coordinates with your decor to instantly breathe new life into the room.
- Clear clutter off your bedside table. You only need a book, lotion, alarm clock and a glass of water. Everything else can go. **wd**

### spring spruce-up

- Got monsters under your bed? It's time to sort through the stuff stored there, pitch what you don't need and give the space a good vacuum.
- Air out your closets and keep dresser drawers fresh with The Good Home Co.'s sachets. Try the Pure Grass scent to bring in spring. (\$14; [goodhomeco.com](http://goodhomeco.com))



# survive the credit crunch

**N**OT SO LONG AGO, JUST ABOUT anyone who could sign her name could get a load of credit cards. Many of us took full advantage, feeling somehow like we had found free money. But all that's changed. Now many people are getting cancellation letters and notices of jacked-up interest rates—which can be financially devastating.



"Specific to the credit card industry, we believe that well over \$2 trillion of credit lines will be pulled over the next 18 months," says Meredith Whitney, a stock analyst and managing director for Oppenheimer & Co. So what does this mean for you? I caught up with my friend and colleague, Liz Pulliam Weston, credit expert and author of the bestselling book *Your Credit Score*, to find out.

## what's going on?

"Because so many people are defaulting on their payments as a result of the financial crisis, credit card companies are desperately trying to reduce their risk and increase their profits," says Liz. "To do this, they're raising rates, boosting fees, lowering limits and closing accounts on huge segments of customers—even customers who have paid on time."

You may be at risk if you don't have excellent credit or if you carry big balances that eat up half or more of your credit limit. To see whether the terms of your card are changing, examine every piece of mail you get from the credit card company. If you do paperless banking, make sure you're getting and reading your issuer's e-mails. "Pay particular attention to any steps you need to take to preserve your current rate and terms if something changes," says Liz. Here's what to watch out for.

(Please turn to 94)





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## CREDIT CRUNCH

CONTINUED

### my interest rate is going up!

Many credit card companies are telling customers they can keep their current interest rate if they agree to "opt out" of the increased rate and close the account instead of accepting the new higher rate. In other words, the company may allow you to keep the lower rate if you agree to have the account closed so you can't make any more charges and just pay off your balance. Keep in mind that this should be your last-ditch option, because closing accounts can hurt your credit score.

"What you really want to do is fight back," says Liz. Call customer service (the number is on the back of your credit card) and ask them to revoke the changes or transfer your balance to another lower-rate card, and leave the original card open. If the service representative won't play ball, move to the next level by asking to speak with a supervisor. You can also threaten to close your account. Don't actually do it, but making the threat should get you transferred to the customer retention department, which has more power than front-line phone reps to change your rate and terms.

Before you call, be as prepared as possible by knowing your FICO scores and collecting competing offers. If your score is 700 or above, you should have some leverage with your issuer since the higher your score, the more they want to keep you. To find competing offers for cards with lower rates, watch your mail or go to *CreditCards.com*, *CardRatings.com* or *Bankrate.com*.

If you decide to transfer your balance to a new card, keep in mind that most offers come with a 3% to 4% balance transfer fee, so look for low-rate offers that last at least a year to offset the costs of

### new credit card rules coming... but not soon enough!

**The good news** The Federal Reserve Board and two other organizations recently issued new rules changing some of the less consumer-friendly practices.

**The bad news** The rules don't go into effect until July 2010. Here's a rundown of what's changing.

item	now	as of July 2010
<b>interest rates</b>	Can increase your rate on the entire balance at any time, for any reason, with 15 days' written notice.	Cannot increase rate on existing balance if you pay on time. Must give 45 days' written notice to increase rate.
<b>late payments</b>	Can hit you with a fee if you're even 5 minutes late or got the statement yesterday.	Cannot assess a late fee unless you've had at least 21 days to make a payment.
<b>allocating payments</b>	Typically payments are applied to your balance with the lowest interest, even if you pay more.	If you pay more than required, it must be applied to the balance with the highest interest rate, or spread proportionally.
<b>two-cycle billing</b>	Uses paid-off balances from prior months to determine your current finance charge.	Practice banned!
<b>subprime credit cards</b>	Security and opening fees for people with low credit scores can be as much as the credit limit on the account.	Security and opening fees for people with low credit scores cannot exceed half of the initial credit limit.

that transfer (and to give you time to pay off the balance, or at least pay it down significantly).

### they canceled my account!

Companies lose money on dormant accounts. It's possible the company didn't look to see how long you've had the account or your prior payment history. Call immediately and ask them to revoke their decision. If you've got a good credit

history, they may consider reopening the account, especially if you've been with them for a long time.

If you have an account that hasn't been closed but you're afraid it will be, the best thing you can do is keep it active. Just making a small charge or two every month and paying off those charges in full should be enough to keep the account open and plenty of credit available. Or consider having a monthly expense, like a phone bill, charged to the card and paid





off automatically from your checking account.

If you are not successful in keeping an account open, a closure can hurt your credit score. However, the effect is likely to be minor if you have several other open accounts in good standing.

## they're lowering my credit limit!

"If the issuer is really concerned about the risk you pose, lowering your limit close to your current balance reduces their exposure to loss," says Liz. Typically they will not drop the limit below your current balance, but they may make the new limit close to that balance. If so, here's the danger: Any charges you make or fees you incur could easily push you over that lower limit, which will mean all kinds of extra charges. Again, call the company and request that they reverse this decision.

## the credit score factor

Creditors and others are constantly reporting your payment activity to the credit bureaus, where it is added to your credit file. Your credit score

is a three-digit number that summarizes what's in your file and projects the likelihood of you becoming delinquent on a loan or credit obligation. "Credit scores have been growing in importance over the last 20 years, but they've never been more important than they are today," says Liz. "It's not just that you'll need good credit to get decent rates when you're ready to buy a home or a car. Your credit history can determine whether you get a good job, a decent apartment, a deal on your cell phone, and reasonable rates on insurance, and, of course, on credit cards." One seemingly minor misstep—a skipped payment—can haunt you for seven years by keeping your score low. More serious things, like a bankruptcy filing, stay on your report for 10 years.

While each of the big three credit-gathering bureaus (Experian, Equifax and TransUnion) have their unique scoring systems, the gold standard formula called the FICO is still the one most used by lenders. You have three different FICO scores—one with each credit-gathering bureau. Buy a report with one of your FICO scores (\$16) or all three (\$50) at [MyFico.com](http://MyFico.com)

## how is my credit score calculated?

The FICO formula bases 35% of your score on your payment history, 30% on how much of your available credit you're using (the lower the better), 15% on how long you've had credit, 10% on how long it's been since your last application for credit (longer is better) and 10% on the mix of credit you have and use. It's better to have both revolving accounts (credit cards) and installment accounts (mortgages, car loans), rather than having one or the other.

## how can I boost my score?

These days, a score of 700 to 720 on the FICO range is usually considered good. Over 750 or 760 is usually considered excellent. Four ways to up your score:

### **Pay your bills on time, all the time**

A single missed payment can knock 100 points off a good score.

### **Don't let disputes go to collections**

Closely monitor your medical bills, library fines and parking tickets, since medical providers and cities are increasingly quick to turn these bills over to collectors, who can trash your credit score.

**Pay down your credit card debt** The FICO formula likes to see big gaps between the balance on a card and its limit. The lower you can get your balances, the more the positive impact on your score. If you pay your bills in full every month (and you should), try not to charge more than 30% of your credit limit.

**Use your credit cards lightly but regularly** As I mentioned before, if you stop using credit entirely, you can hurt your score. **wd**



### THIS MONTH'S CHALLENGE

## take out instead of eating out

This month, instead of eating out at a restaurant, buy that same fully cooked meal from the supermarket or deli and eat it at home. Break out the nice tablecloth and the good china to make it special. Dinner at a moderately priced restaurant for a family of four will likely run at least \$30 plus tip. That same meal fully cooked and eaten at home will cost as little as \$9.99. Make sure you stash the difference into your savings account! *For more tips and tools to help you save during our yearlong special program, and to open a savings account with ING Direct and receive a \$25 bonus offer, go to [womansday.com/wdsaves](http://womansday.com/wdsaves)*





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# My Granddaughter, My Princess

Disney  
*Cinderella*



My Granddaughter,  
My Princess



Shown actual size of 4½" high



*Every adorable granddaughter  
is like a princess in the eyes of  
her grandmother. And no one  
more than Grandma hopes this  
sweet little girl's dreams  
really do come true!*





An inside look at *Woman's Day* events, promotions and special offers

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# eat well

## take 5 minutes

Make a creamy, delicious salad dressing. Contrary to its name, buttermilk doesn't contain butter—it's actually lower in fat and calories than regular milk. And the tart flavor is so good in this quick recipe.

## buttermilk dressing

In a jar with a tight-fitting lid, shake together  $\frac{1}{2}$  cup each buttermilk and reduced-fat sour cream, 2 Tbsp cider vinegar, 1 minced garlic clove, 2 Tbsp chopped scallions, 1 Tbsp chopped parsley, and  $\frac{1}{2}$  tsp each salt and pepper. Drizzle over wedges of iceberg lettuce and devour.







## and the winner is...

When we launched our Cutest Cupcake Contest back in September, we had no idea how many amazing ideas would be sent to us by our very talented *Woman's Day* readers. Making the final decision was quite a challenge, but we finally agreed upon this magical idea. Julie Beckwith of Crete, Illinois, admits that she loves making cupcakes so much, she has a pair of cupcake pajamas. Now that's a real cupcake lover! For complete directions on how to make her winning design, which was inspired by the cover of one of her son's magic trick books, go to [womansday.com/abracadabra](http://womansday.com/abracadabra)



abracadabra bunny



## chop, chop

Confused by mincing, cubing and slicing sizes?

**minced** Ingredients added to condiments, sauces and dressings for a base flavor.

**chopped** Added to salads and soups for a subtle flavor.

**cubed** Bite-size pieces for full flavor component.

**diagonal sliced** For fast-cooking dishes that keep ingredients crisp, like stir-fries.

## kitchen tip



## SPUNKY SPEARS

Keep asparagus fresh and flavorful by trimming the cut ends and storing stalks upright in a glass of cool water in the refrigerator.

## DEVILED EGGS DONE EASY

This year, keep the prep down to a minimum by mixing and piping your deviled egg mixture in a zip-top bag. Start with 8 hard-cooked eggs, peeled. Cut eggs in half lengthwise. Place yolks with  $\frac{1}{3}$  cup reduced-fat mayonnaise, 1 Tbsp Dijon mustard, and  $\frac{1}{8}$  tsp each black pepper and salt in a zip-top bag; squeeze to combine ingredients. Cut one corner off bag and pipe blended mixture into egg white halves, then sprinkle with paprika.



Psst... Slice mushrooms fast and evenly with an egg slicer. Try it with strawberries too!





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grilled  
chicken  
risotto





chicken  
tortilla soup

## chicken tortilla soup

SERVES 6 ACTIVE: 10 MIN TOTAL: 45 MIN

- 1 lb chicken thighs, skin removed
- 3 cups water
- 2 cans (14½ oz each) fat-free reduced-sodium chicken broth
- 1 can (15 oz) black beans, rinsed
- 1 can (15¼ oz) kernel corn
- 1 can (14.5 oz) diced tomatoes with green chiles
- ½ tsp each ground cumin and dried oregano
- 1 cup crumbled tortilla chips
- ½ cup chopped cilantro
- Garnish: lime wedges, tortilla chips

1. Bring chicken and water to a boil in a large saucepan. Reduce heat, cover and simmer 25 minutes or until chicken is cooked. Remove chicken to cutting board; let cool slightly.
2. Meanwhile, add broth to pot; bring to a boil. Stir in beans, corn, tomatoes, cumin and oregano, and bring to a simmer. Simmer 5 minutes for flavors to blend.
3. Meanwhile, pull chicken meat from bones and shred.
4. Stir chicken and tortillas into soup; cook 1 minute to slightly soften tortillas. Remove from heat and stir in cilantro. ►

Per serving: 249 cal, 16 g pro, 33 g car, 7 g fiber, 7 g fat (2 g sat fat), 36 mg chol, 1,038 mg sod



chicken hash



spicy sausage & vegetable frittata



black beans on rice



linguine with garlic & tuna





## spicy sausage & vegetable frittata

SERVES 4 PER SERVING: \$1.63

ACTIVE: 8 MIN TOTAL: 25 MIN

- |                                                       |                                                       |
|-------------------------------------------------------|-------------------------------------------------------|
| 1 Tbsp oil                                            | 1 large red or green bell pepper, or ½ of each, diced |
| 8 oz hot Italian turkey sausage, removed from casings | 8 large eggs                                          |
| 1 medium zucchini, thinly sliced                      | 4 oz part-skim mozzarella, shredded (1 cup)           |

- Heat oil in a large nonstick skillet over medium heat. Add sausage and cook, breaking up chunks, 2 to 3 minutes until no longer pink.
- Add zucchini and bell pepper, and sauté 5 minutes or until vegetables are tender.
- Whisk eggs in a large bowl until well combined. Stir in cheese. Pour over sausage mixture in skillet and stir gently to distribute eggs evenly.
- Heat broiler. While broiler heats, cook frittata 4 to 6 minutes until set on bottom and sides (eggs will be runny in center).
- Broil 4 to 6 in. from heat source 2 minutes or until firm in center. (If the skillet handle is plastic or wood, wrap it in a double layer of foil to protect it from scorching.)

Per serving: 329 cal, 29 g pro, 5 g car, 1 g fiber, 21 g fat (6 g sat fat), 488 mg chol, 568 mg sod

**Woman'sDay** [womansday.com](http://womansday.com)

## chicken hash

SERVES 4 PER SERVING: \$1.61

ACTIVE: 10 MIN TOTAL: 25 MIN

- |                                                   |                                         |
|---------------------------------------------------|-----------------------------------------|
| 1 Tbsp oil                                        | 3 medium carrots (about 8 oz), shredded |
| 2 large baked potatoes, peeled and diced (3 cups) | 1 medium onion, coarsely shredded       |
| 2 cups shredded cooked chicken                    | 1 jar (12 oz) chicken gravy             |
|                                                   | ¼ tsp each salt and pepper              |

- Heat oil in a large nonstick skillet over medium heat. Add remaining ingredients; stir to mix well, then press down with back of a broad spatula.
- Cook 8 to 10 minutes until a crust forms on bottom. Turn, in sections, with the spatula. Cook 5 minutes longer.
- Flip onto a serving plate or serve from skillet.

Per serving: 336 cal, 24 g pro, 32 g car, 4 g fiber, 12 g fat (3 g sat fat), 63 mg chol, 573 mg sod

**Woman'sDay** [womansday.com](http://womansday.com)

## linguine with garlic & tuna

SERVES 4 PER SERVING: \$1.98

ACTIVE: 10 MIN TOTAL: 30 MIN

- |                                                          |                                                                             |
|----------------------------------------------------------|-----------------------------------------------------------------------------|
| 3 medium red potatoes, scrubbed and cut in ¾-in. pieces  | 1 can (6 oz) light tuna in olive oil, oil drained and reserved, tuna flaked |
| 8 oz fresh green beans, trimmed and cut in 1-in. lengths | 1 Tbsp minced garlic                                                        |
| 1 lb linguine                                            | ⅓ cup almonds, toasted and coarsely chopped                                 |

- Put potatoes in a large skillet with water to cover by ½ in. Bring to a boil, add beans and boil gently 5 minutes or until potatoes and beans are tender. Drain well; wipe skillet dry.
- Meanwhile cook pasta as package directs; drain, reserving 1 cup pasta cooking water.
- Heat oil reserved from tuna in dried skillet over medium heat. Add potatoes and beans, and sauté 5 minutes or until potatoes are golden. Add garlic and stir 1 to 2 minutes until fragrant. Stir in tuna and the 1 cup reserved water. Toss with pasta and sprinkle with almonds.

Per serving: 448 cal, 19 g pro, 76 g car, 5 g fiber, 7 g fat (1 g sat fat), 10 mg chol, 145 mg sod

**Woman'sDay**  heart-healthy  
(see [womansday.com/hearthealthy](http://womansday.com/hearthealthy))

## black beans on rice

SERVES 4 PER SERVING: \$1.78

ACTIVE: 20 MIN TOTAL: 20 MIN

- |                                   |                                           |
|-----------------------------------|-------------------------------------------|
| 1 box (8 oz) yellow rice mix      | 2 cans (15.5 oz each) black beans, rinsed |
| 2 tsp oil                         | 2 tsp smoked paprika                      |
| 1 cup chopped onion               | 1 tsp each dried thyme and ground cumin   |
| 1 Tbsp minced garlic              |                                           |
| 1 chicken bouillon cube           |                                           |
| 1 box (10 oz) frozen chopped kale |                                           |

- Cook rice as package directs.
- Heat oil in a 3-qt saucepan over medium heat. Add onion and sauté 2 to 3 minutes until translucent. Stir in garlic; cook 30 seconds or until mixture is fragrant.
- Add 1 cup water, the bouillon cube and kale. Bring to a boil, reduce heat, cover and simmer, stirring occasionally, 5 to 6 minutes until kale thaws. Add beans, paprika, thyme and cumin; simmer 5 minutes. Serve over rice.

Per serving: 516 cal, 21 g pro, 92 g car, 20 g fiber, 8 g fat (1 g sat fat), 0 mg chol, 1,933 mg sod

**Woman'sDay** [womansday.com](http://womansday.com)



## a leg up (oven-fried drumsticks)

SERVES 4

ACTIVE: 20 MIN TOTAL: 50 MIN

**8 drumsticks (3½ lb)**

**1 large egg**

**Crunchy Coating, below**

**Nonstick spray**

**1.** Heat oven to 400°F. Line a jelly-roll pan or shallow roasting pan with foil. Coat with nonstick cooking spray.

**2.** Skin chicken by grasping skin with paper towels and pulling off.

**3.** In a pie plate or shallow bowl, slightly beat egg. Coat a few drumsticks in egg at a time.

**4.** Place desired Crunchy Coating in plastic food bag. If using tortilla chips, stuffing mix, french fried onions, cheese crackers or honey-mustard pretzels, close bag and crush with a rolling pin. Put 1 or 2 drumsticks in the bag at a time and shake to coat chicken evenly.

**5.** Place on prepared pan; lightly coat drumsticks with cooking spray. (If using fried onions or honey-mustard pretzels, do not spray.) Bake 30 to 35 minutes until chicken is cooked through and coating is browned.

### CRUNCHY COATING

- 1 Italian** 1 cup wheat germ, ⅓ cup grated Parmesan, ¼ tsp each garlic salt and pepper
- 2 Honey-Mustard** 3 cups honey-mustard pretzel pieces, ¼ tsp pepper
- 3 Mexican** 3 cups tortilla chips, 2 tsp each chili powder and ground cumin
- 4 Krispie Ranch** 1½ cups crisp rice cereal (Rice Krispies), 1 envelope ranch dressing mix
- 5 Cheesy** 3 cups cheese crackers, 1 tsp onion powder, ¼ tsp pepper
- 6 Herb** 1½ cups herb stuffing mix, 1 tsp each onion powder and paprika
- 7 Curry** 3 cups french fried onion rings, 2 tsp curry powder ►





## skillet chicken & chickpeas

SERVES 4

ACTIVE: 15 MIN TOTAL: 45 MIN

- 2 tsp oil
  - 1 medium onion, sliced
  - 2 cloves garlic, minced
  - 1½ tsp ground cumin
  - ½ tsp each ground cinnamon, ginger and salt
  - ¼ tsp pepper
  - 1 can (28 oz) diced tomatoes
  - 4 each chicken drumsticks and thighs, skinned (2¼ lb)
  - 1 can (15 oz) chickpeas, rinsed
  - 1 small butternut squash, peeled, seeded and cubed (3 cups)
  - ⅓ cup raisins
- Garnish: chopped cilantro, toasted almonds (optional)

**1.** Heat oil in a large nonstick skillet over medium-high heat. Sauté onion 2 minutes. Add garlic and spices; cook 30 seconds until fragrant.

**2.** Stir in tomatoes and their juices until blended. Add chicken and chickpeas. Bring to a boil; cover, reduce heat and simmer 15 minutes.

**3.** Add butternut squash and raisins; simmer, covered, 10 to 15 minutes more until squash is tender and chicken is cooked through. If desired, garnish with cilantro and almonds; serve with couscous.

Per serving: 460 cal, 38 g pro, 58 g car, 12 g fiber, 9 g fat (2 g sat fat), 116 mg chol, 889 mg sod



skillet chicken & chickpeas



roasted greek chicken & vegetables

## roasted greek chicken & vegetables

SERVES 5

ACTIVE: 15 MIN TOTAL: 45 MIN

Roast whole cloves of garlic along with the chicken and vegetables. Squeeze the roasted garlic onto the chicken or slices of French bread. Yum!

- 1 cut-up whole chicken (about 4 lb), breasts cut in half if large
- 1 medium eggplant (1 lb), cut in 1½-in. chunks
- 1 bell pepper, cut in 1½-in pieces
- 12 unpeeled whole cloves garlic
- 2 tsp oil
- Zest and juice of 1 lemon
- 1 tsp each salt, pepper and dried oregano

**1.** Heat oven to 450°F. Line 2 rimmed baking sheets with nonstick foil.

**2.** Put chicken on 1 side of each pan; put vegetables on the other side. Drizzle vegetables with oil. Sprinkle chicken and vegetables with lemon zest and juice, and the salt, pepper and oregano; toss to coat.

**3.** Roast side by side on middle oven rack, turning chicken and vegetables once, 25 to 30 minutes until chicken is cooked through and vegetables are tender. ►

Per serving: 428 cal, 35 g pro, 13 g car, 3 g fiber, 26 g fat (7 g sat fat), 111 mg chol, 571 mg sod



# How doctors do weight loss.



## Medifast is recommended by over 15,000 doctors. Here's why:

**It's simple:** You can lose up to 20 pounds a month with a complete nutrition program that's clinically proven to work.

**It's affordable:** You can take advantage of special packages and spend less per day than the average American spends on food.

**It's supported:** You can get a caring, knowledgeable Health Coach from our Take Shape For Life program for FREE.



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**\$25 OFF** your purchase of \$150 or more  
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Call (800) 971-7294 or visit [LetsMedifast.com](http://LetsMedifast.com)





## skillet chicken & chickpeas

SERVES 4

ACTIVE: 15 MIN TOTAL: 45 MIN

- 2 tsp oil
  - 1 medium onion, sliced
  - 2 cloves garlic, minced
  - 1½ tsp ground cumin
  - ½ tsp each ground cinnamon, ginger and salt
  - ¼ tsp pepper
  - 1 can (28 oz) diced tomatoes
  - 4 each chicken drumsticks and thighs, skinned (2¼ lb)
  - 1 can (15 oz) chickpeas, rinsed
  - 1 small butternut squash, peeled, seeded and cubed (3 cups)
  - ⅓ cup raisins
- Garnish: chopped cilantro, toasted almonds (optional)

1. Heat oil in a large nonstick skillet over medium-high heat. Sauté onion 2 minutes. Add garlic and spices; cook 30 seconds until fragrant.

2. Stir in tomatoes and their juices until blended. Add chicken and chickpeas. Bring to a boil; cover, reduce heat and simmer 15 minutes.

3. Add butternut squash and raisins; simmer, covered, 10 to 15 minutes more until squash is tender and chicken is cooked through. If desired, garnish with cilantro and almonds; serve with couscous.

Per serving: 460 cal, 38 g pro, 58 g car, 12 g fiber, 9 g fat (2 g sat fat), 116 mg chol, 889 mg sod



skillet chicken & chickpeas

## roasted greek chicken & vegetables

SERVES 5

ACTIVE: 15 MIN TOTAL: 45 MIN

Roast whole cloves of garlic along with the chicken and vegetables. Squeeze the roasted garlic onto the chicken or slices of French bread. Yum!

- 1 cut-up whole chicken (about 4 lb), breasts cut in half if large
- 1 medium eggplant (1 lb), cut in 1½-in. chunks
- 1 bell pepper, cut in 1½-in pieces
- 12 unpeeled whole cloves garlic
- 2 tsp oil
- Zest and juice of 1 lemon
- 1 tsp each salt, pepper and dried oregano

1. Heat oven to 450°F. Line 2 rimmed baking sheets with nonstick foil.

2. Put chicken on 1 side of each pan; put vegetables on the other side. Drizzle vegetables with oil. Sprinkle chicken and vegetables with lemon zest and juice, and the salt, pepper and oregano; toss to coat.

3. Roast side by side on middle oven rack, turning chicken and vegetables once, 25 to 30 minutes until chicken is cooked through and vegetables are tender. ►

Per serving: 428 cal, 35 g pro, 13 g car, 3 g fiber, 26 g fat (7 g sat fat), 111 mg chol, 571 mg sod



roasted greek chicken & vegetables



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\* Based on average retail prices in major supermarkets for a family meal for four. † In every half cup of sauce. ©2009 Unilever



Put more of the good stuff on your table.  
For less than you might think.

Spaghetti and meatballs for less than two dollars a serving?\* With Ragú®, your kids get more than a full serving of veggies† that they'll actually love to eat. Talk about a nutritious meal on a spaghetti budget. **Feed our kids well.**

For more budget-friendly meal ideas, visit [Ragu.com](http://Ragu.com)





## grilled chicken risotto

SERVES 4

ACTIVE: 10 MIN TOTAL: 30 MIN

- 1 box (5.5 oz) Creamy Parmesan Risotto (we used Lundberg)
- 2 medium zucchini, sliced lengthwise ½ in. thick
- 2 boneless, skinless chicken breasts (about 12 oz)
- 1 Tbsp oil
- ½ tsp pepper
- ¼ cup thawed frozen peas
- 1 medium tomato, diced

1. Cook risotto as package directs.
2. Meanwhile, heat stovetop grill pan. Brush zucchini and chicken with oil, then sprinkle with pepper.
3. Grill zucchini 7 to 9 minutes and chicken 10 to 12 minutes, turning once, until zucchini is tender and chicken is cooked through.
4. Remove chicken and zucchini to cutting board; cut into bite-size pieces.
5. When risotto is finished cooking, stir in peas, tomato, chicken and zucchini; remove from heat. **wd**

Per serving: 295 cal, 24 g pro, 33 g car, 3 g fiber, 8 g fat (2 g sat fat), 50 mg chol, 546 mg sod

## ON THE COVER

### spring cookies

Whether they're for a bake sale, a family gathering or just an after-school treat, these sweet, buttery cookies in fun spring designs are sure to please your kids—and the kid in you.

MAKES 14

ACTIVE: 20 TOTAL: 1½ HR  
(WITHOUT DECORATING; INCLUDES CHILLING DOUGH)

- 1 stick (½ cup) unsalted butter, softened
- ½ cup sugar
- ¼ tsp salt
- 1 large egg
- 1 Tbsp light corn syrup
- 2 tsp vanilla

2¼ cups all-purpose flour

Decorating Icing (recipe follows)

You'll also need: flower, butterfly and dragonfly cookie cutters (about 3 in.); small ziptop bags, bamboo skewers, assorted gel food colors

1. Beat butter, sugar and salt in a large bowl, with mixer on medium-high until light and fluffy, about 3 minutes. Reduce speed to medium; add egg and beat until combined. Beat in corn syrup and vanilla. Reduce speed to low; gradually add flour and beat until blended. Shape dough into two disks, cover with plastic wrap and refrigerate 1 hour.

2. Heat oven to 350°F. You'll need baking sheet(s).

3. Roll out 1 disk between 2 sheets of wax paper to ¼ in. thick. Remove top layer of wax paper and cut out shapes using cookie cutters. Transfer to a baking sheet. Insert the point of a skewer (by gently twirling it between your thumb and index finger) about 2½ in. into dough through one of the petals of each flower cookie. Bake for 12 to 14 minutes or until cookies are golden. Transfer to wire rack and cool completely.

4. Divide decorating icing in bowls and tint as desired. Spread on cookies and let dry 1 hour (see Note). Add some of the tinted icing to ziptop bags, snip off corner, and pipe out center of flower and designs for butterfly and dragonfly.

**Decorating Icing:** Beat 1 lb confectioners' sugar (3¼ cups) and ¼ cup Just Whites (powdered egg whites, found in your store's baking section) in large bowl with mixer on low speed to blend. Beat in ⅓ cup water. Increase speed to high; beat 5 minutes or until icing is very thick and white. Makes 2½ cups.

**Note:** If icing is too thick to spread, put some in a separate bowl and add a few drops of water to thin out.



## Mama's Best Ever Spaghetti & Meatballs

4 servings

Prep time: 20 minutes

Cook time: 20 minutes

- 1 lb. ground beef
- ½ cup Italian seasoned dry bread crumbs
- 1 egg
- 1 jar (1 lb. 10 oz.) Ragú® Old World Style® Smooth Pasta Sauce
- 8 oz. spaghetti, cooked

1. Combine ground beef, bread crumbs and egg; shape into 12 meatballs.
2. Bring Ragú® Sauce to a boil in 3-quart saucepan. Stir in uncooked meatballs.
3. Simmer, covered, stirring occasionally, 20 minutes or until meatballs are done. Serve over hot spaghetti.

Feed our kids well.





# { kitchen confidential }

Our food editors' top money-saving tips

W

WHEN IT COMES TO MAKING A DOLLAR STRETCH, no one knows better than our test kitchen staff. Here, Jackie, Marisol, Terry and Donna give up their best secrets for getting a deal.

## at the grocery store

- **Don't pay for convenience** Those snack packs are a waste of money and packaging. Instead, make your own by buying snacks in bulk and dividing them into ziptop bags. I create my own breakfast packets by adding flavorings like cinnamon, wheat germ and raisins to plain uncooked oatmeal. *Jackie*
- **Make a list** I know exactly what I'm buying before I get to the store, so no splurge items slip into my cart. Also, use the store circular to plan your meals. *Marisol*
- **Buy big and freeze** Large-size family packs of meat are perfect for buying on sale, portioning and freezing for future meals. Even large items, like roasts, can be cut down before freezing (sometimes the butcher will portion it for you). *Donna*
- **Cheaper might mean easier to cook** Less expensive cuts of beef like shoulder roast or beef bottom work really well in the slow-cooker. *Terry*
- **Get the family pack even if you're cooking for two** If I have leftovers, I turn them into lunch or freeze them for another night's dinner. *Donna*
- **Be cautious around end-aisle displays** While the smaller box of cereal might be on sale, the larger box could still be a better value. Check the unit prices on store shelves to figure out which is the best deal. *Terry*

- **Go to warehouse clubs for basics like breads and meat** You'll find deals, but do the math first. Cleansers and dish soaps are also usually worth buying in bulk. *Jackie*
- **Monitor what you actually use, not what you think you're going to use** This is especially true of things that are perishable and not easily frozen, like deli meat. If you regularly buy a full pound of meat and end up only eating half of it, only get a half-pound the following week. I sometimes ask for just six slices. *Marisol*
- **Rethink produce** If your family doesn't like broccoli stems and you end up throwing them out, buy just the crowns, which are often cheaper. Also, skip bagged salad, which can be pricey, and buy romaine in multipacks at a warehouse store instead. It can last over a week, and most families will use it up before it spoils. *Terry*
- **Don't get sucked in by "fresh" fish at the counter** Almost all fish has been frozen on the boat and defrosted in the store. If it's cheaper, buy your fish in the freezer aisle. Trader Joe's and Costco even sell fish that's portioned and individually wrapped. *Jackie*







## in the kitchen

- **Keep cloth kitchen towels handy** Paper towels are expensive and not eco-friendly. *Jackie*
- **Use energy wisely** When the oven is on for tonight's dinner, throw in some potatoes or sweet potatoes. You can bake them now and eat them later in the week. *Terry*
- **Tap it** Why buy expensive cases of bottled water when it comes right from your sink? Buy a reusable BPA-free plastic or stainless steel bottle and a Brita or Pur filtration system and you'll be saving money and the environment. *Terry*
- **Regulate your fridge** It shouldn't be on the coldest setting—38°F is fine. And, like my mother used to say, "Close that door!" *Donna*

## TOP 5 MEAL STRETCHERS

<b>pasta</b>	Use as a main ingredient and add diced, shredded or cubed chicken in small amounts.
<b>canned beans</b>	Can replace part of the ground meat in chilies and soups.
<b>rice</b>	Makes a great filler for tacos, burritos and wraps.
<b>canned veggies</b>	Stirred into stews, it helps them yield more servings.
<b>canned salmon</b>	A cheap source of protein to top salads, make fish burgers, stir into noodles, fold into omelets or add to chowders.

## in the pantry

- **Use older items first** When I come home from shopping, I put my new items in the back of the cabinet and rotate the older ones to the front. *Jackie*
- **Keep produce like potatoes and onions visible** You're more likely to use it when you can see it. *Donna*
- **Buy big jugs of oil and decant them into squirt bottles for cooking** You'll use less, and save money and calories. *Marisol*
- **Don't be afraid of canned veggies** They're now packed at their freshest and taste great, especially corn, peas, green beans, beets and tomatoes (when fresh aren't in season). *Terry*

## WHAT TO FREEZE?

Bulk up on these items when they're on sale and freeze them for future use.

<b>Butter</b>	<b>Whole grains</b> (brown rice, buckwheat, quinoa)
<b>Frozen veggies</b> (artichoke hearts, peas, cut-leaf spinach, Brussels sprouts, broccoli florets, squash)	<b>Wheat germ</b>
<b>Bread</b>	<b>Coffee</b>
<b>Nuts &amp; seeds</b>	<b>Lower-fat milk</b> (remove 1 cup before freezing; the package will expand)
<b>Whole-wheat flour</b>	





**CHEAP EATS**

## hearty clam chowder

SERVES 4 AT \$1.71 PER SERVING

ACTIVE: 12 MIN TOTAL: 22 MIN

$\frac{3}{4}$ lb red potatoes, diced	2 cans (6.5 oz each)
3 slices bacon, chopped	chopped clams
1 small onion, chopped	1 can (10.75 oz)
1 garlic clove, minced	cream of celery soup
$\frac{1}{2}$ tsp thyme	1 cup milk
	Serve with: hot sauce

1. Place potatoes with enough water to cover in a glass bowl and microwave for 10 minutes or until softened.
2. In a large saucepan, cook bacon and onion over medium-high heat until bacon is cooked through. Add garlic and thyme; cook, stirring, for 1 minute.
3. Add clam juice to bacon mixture, reserving clams. Stir in potatoes with  $\frac{3}{4}$  cup of cooking liquid, the soup and milk. Whisk to combine and heat to boil.
4. Reduce heat to low and simmer 5 minutes. Add clams and cook 2 minutes. Serve with hot sauce.

Per  $\frac{1}{2}$  cup serving: 273 cal, 14 g pro, 25 g car, 2 g fiber, 13 g fat (5 g sat fat), 43 mg chol, 1,352 mg sod

## SHOP SMARTER

Check out the frozen- and dried-food aisles of your market: You can save money on fish and poultry that's been flash-frozen, which helps retain its freshness. Dried or frozen fruits are a great bargain, especially when winter limits what's fresh and available. Produce is typically picked and frozen at its peak of ripeness, and with most frozen foods, you can use

only the amount you need, then reseal the rest for future use. Also, try powdered or evaporated milk in soups, desserts, casseroles or stews, and save the cartoned milk for drinking.



## can do

Canned veggies are one of the most economical ways to include vegetables in your diet. And now Del Monte has introduced three of their most popular kinds (cut green beans, whole-kernel corn and sweet peas) made with 50% less salt. Way to go!



## [got leftovers?] cooked veggies

**heat** oven to 375°F. Unroll a refrigerated pie crust into a 9-in. pie plate; flute edge. Sprinkle  $\frac{1}{2}$  cup shredded cheese on bottom; top with  $1\frac{1}{4}$  cups leftover veggies.

**mix** in large bowl  $1\frac{1}{2}$  cups milk, 3 large eggs, 1 Tbsp flour, and  $\frac{1}{8}$  tsp each cayenne and ground nutmeg; pour into crust.

**sprinkle**  $\frac{1}{4}$  cup shredded cheese on top. Bake 50 minutes or until center is firm and top is golden. Serve quiche warm or at room temperature.

*Psst... Go to [coupons.com](http://coupons.com) to save big on hundreds of products.*





**pb&j has nothing  
on b-o-l-o-g-n-a.**

**bologna has just 4 grams of sugar.  
pb&j has 16.**



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Our bologna has 75% less sugar, 33% less fat, and  
it's made with premium beef, no fillers.



**For the love of B-O-L-O-G-N-A.**



PB&J Sandwich: 16g sugar, 18g fat, 3.5g saturated fat, 490mg sodium  
Bologna Sandwich: 4g sugar, 12g fat, 4.5g saturated fat, 800mg sodium



## april

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>BREADED PORK CHOPS</b> <b>RICE PILAF</b> <b>ASPARAGUS</b> Coat boneless pork chops with seasoned bread crumbs. Spray with garlic-flavored cooking spray. Bake, without turning, until cooked through.	<b>TURKEY CUTLETS WITH LEMON &amp; OLIVES</b> <b>VEGETABLE COUSCOUS</b> Sauté cutlets in a skillet; remove. Add $\frac{3}{4}$ cup chicken broth, $\frac{1}{4}$ cup chopped black olives and 3 Tbsp lemon juice to pan. Boil 2 minutes. Serve over cutlets.	<b>SCALLOPS WITH CREAMY PESTO</b> <b>ROASTED POTATOES</b> <b>STEAMED ZUCCHINI</b> Sauté $1\frac{1}{2}$ lb scallops in a skillet in a little oil until barely opaque; remove. Off heat, add $\frac{1}{3}$ cup prepared pesto and 2 Tbsp heavy cream to skillet and stir to blend. Serve with scallops.	<b>BEEF, SPINACH &amp; MUSHROOM SALAD</b> Cook seasoned flank steak in skillet with a little oil. Let stand for 10 minutes, then slice. Sauté sliced mushrooms in a little oil until crisp-tender. Toss spinach with sliced beef, mushrooms and vinaigrette.
<b>PLANNED LEFTOVERS</b> <b>ROAST LEG OF LAMB</b> (save 2 cups, cubed, for Tues) <b>ORZO WITH PEAS</b> Sauté $\frac{1}{2}$ cup chopped onion and 1 tsp minced garlic in a little butter. Add 2 cups frozen peas; cook 3 minutes. Toss with cooked orzo.	<b>MEATLESS MONDAY</b> <b>LENTIL SOUP</b> <b>TOMATO &amp; CHEESE PANINI</b> Make panini with slices of Italian bread, tomato and mozzarella; spread with a little pesto. Toast on skillet, pressing with spatula until cheese melts.	<b>LAMB STROGANOFF</b> <b>BROCCOLI</b> Sauté 8 oz sliced mushrooms until soft. Stir in lamb (from Sun) and a 12-oz jar of mushroom gravy. Heat through. Remove from heat; stir in $\frac{1}{2}$ cup reduced-fat sour cream. Serve over egg noodles.	<b>ROAST CHICKEN LEGS</b> <b>ROASTED CAULIFLOWER &amp; RED PEPPERS</b> Toss cauliflower florets and red pepper wedges with olive oil, salt and pepper. Roast 15 minutes at 450°F.	<b>PASTA WITH SAUSAGE &amp; BROCCOLI RABE</b> Add chopped broccoli rabe to pasta the last 3 minutes of cooking. Reserve 1 cup pasta water. Cook sliced sausage with minced garlic and red pepper flakes until browned. Toss with cooked pasta mixture and water.	<b>SALMON WITH ORANGES &amp; FENNEL</b> <b>COUSCOUS</b> <b>GREEN BEANS</b> Toss orange segments and juice with thinly sliced fennel, sliced Kalamata olives and a little olive oil. Serve over cooked salmon.	<b>CHICKEN THIGHS</b> <b>RICE &amp; BLACK BEANS</b> <b>CUCUMBER &amp; RED ONION SALAD</b> Marinate chicken in olive oil, lime juice, garlic, cumin, salt and pepper. Broil until cooked through.
<b>EASTER PLANNED LEFTOVERS</b> <b>ORANGE-GLAZED HAM</b> (save some for Tues) <b>ROASTED POTATO WEDGES</b> <b>ASPARAGUS</b> Mix a 12-oz jar of orange marmalade with 3 Tbsp Dijon mustard. Brush on ham before baking.	<b>MEATLESS MONDAY</b> <b>VEGETABLE BURRITOS</b> Sauté diced zucchini and sliced onion until tender. Add 2 tsp chili powder and spinach leaves. Stir until wilted; add canned beans and corn to heat. Roll up in warm flour tortillas. Serve with salsa.	<b>MAC &amp; CHEESE WITH BROCCOLI</b> <b>TEXAS TOAST</b> Stir cooked broccoli and diced ham (from Sun) into cooked macaroni and cheese.	<b>CHICKEN PARMESAN SANDWICHES</b> <b>GREEN SALAD</b> Top cooked breaded chicken cutlets with a slice of mozzarella and a slice of tomato. Spread marinara sauce on Italian bread; assemble and bake until cheese melts.	<b>PORK CHOPS</b> <b>CHICKPEA, TOMATO &amp; FETA SALAD</b> Toss drained canned chickpeas, sliced scallions, halved grape tomatoes and crumbled feta with Greek salad dressing.	<b>ASIAN FLANK STEAK</b> <b>BROWN RICE</b> <b>BOK CHOY</b> Marinate $1\frac{1}{2}$ lb flank steak in a mixture of $\frac{1}{2}$ cup soy sauce, 3 Tbsp brown sugar, 2 Tbsp grated ginger, 2 tsp minced garlic and $\frac{1}{4}$ tsp sesame oil.	<b>SCAMPI</b> <b>GREEN SALAD</b> Sauté minced garlic in a little oil and butter. Add peeled shrimp and chopped scallions. Cook until opaque. Stir in lemon juice and chopped parsley. Toss with pasta.
<b>PLANNED LEFTOVERS</b> <b>MEAT LOAF</b> (cook extra for Tues) <b>MASHED POTATOES</b> <b>BRUSSELS SPROUTS</b> Toss cooked Brussels sprouts with 1 Tbsp butter and ground ginger.	<b>MEATLESS MONDAY</b> <b>VEGGIE BURGERS</b> <b>SWEET POTATO FRIES</b> <b>COLESLAW</b> Toss sweet potato wedges with oil, salt and pepper. Roast at 450°F for 25 minutes, turning once, until tender and browned.	<b>OPEN-FACED MEAT-LOAF SANDWICH</b> <b>GREEN SALAD</b> Top one slice of bread with thinly sliced meat loaf (from Sun), pasta sauce and shredded mozzarella. Broil until cheese melts.	<b>LAMB CHOPS</b> <b>BROCCOLI &amp; WHITE BEAN SALAD</b> Toss cooked broccoli florets with chopped red bell peppers, canned white beans and vinaigrette.	<b>CHICKEN PABELLA</b> <b>GREEN SALAD</b> Add cubed skinless, boneless chicken thighs and 2 cups frozen green peas into Spanish rice mix at beginning of cooking. Sprinkle with chopped cilantro.	<b>SWORDFISH WITH TOMATO &amp; OLIVE PESTO</b> <b>COUSCOUS</b> <b>BROCCOLI RABE</b> Stir $\frac{1}{4}$ cup chopped Kalamata olives into $\frac{1}{2}$ cup sun-dried tomato pesto. Thin with a little lemon juice; spoon on fish before baking.	<b>STEAK VERDE</b> <b>WARMED FLOUR TORTILLAS</b> <b>AVOCADO SALAD</b> In food processor or blender, blend 1 cup green salsa with 1 cup cilantro until smooth. Serve over steak.
<b>PLANNED LEFTOVERS</b> <b>PORK TENDERLOIN</b> (cook extra for Tues) <b>ROASTED VEGETABLES</b> Toss sliced zucchini, squash and red pepper wedges with extra-virgin olive oil, salt and pepper. Roast at 450°F for 15 minutes.	<b>MEATLESS MONDAY</b> <b>EGGPLANT CASSEROLE</b> Dip sliced eggplant in beaten egg, then bread crumbs; pan-fry. Layer in baking dish with marinara sauce, chickpeas and mozzarella. Bake at 350°F 40 minutes.	<b>THAI PORK LETTUCE WRAPS</b> <b>STEAMED DUMPLINGS</b> Shred pork (from Sun). Toss with 3 cups coleslaw mix, chopped nuts and cilantro, and Asian dressing. Wrap in lettuce leaves. Serve with steamed frozen dumplings.	<b>TANDOORI CHICKEN</b> <b>JASMINE RICE</b> <b>STEAMED BROCCOLI</b> Mix 1 cup plain yogurt; 2 tsp each cumin, minced garlic and paprika; and $\frac{1}{4}$ tsp pepper. Marinate chicken in sauce before baking.	<b>BAKED ZITI</b> <b>GREEN SALAD</b> Toss cooked ziti with pasta sauce and shredded mozzarella in a casserole dish. Top with more mozzarella and Parmesan. Bake until cheese melts.	<b>WEB EXTRA</b> For a printable version of this page and weekly shopping lists, go to <a href="http://womansday.com/menus">womansday.com/menus</a> 	



## Important Patient Information



(ěx'-ə-lŏn)

### WHAT IS EXELON PATCH AND WHAT ARE ITS USES?

EXELON<sup>®</sup> PATCH (rivastigmine transdermal system) is a prescription medicine which contains rivastigmine, an acetylcholinesterase inhibitor and is used for the treatment of mild to moderate Alzheimer's dementia and mild to moderate Parkinson's disease dementia.

### WHO SHOULD NOT USE EXELON PATCH?

EXELON PATCH should not be used if the patient is allergic to rivastigmine or any of the other ingredients of EXELON PATCH, or has had an allergic reaction to a similar type of medicine. Speak to the doctor before using EXELON PATCH.

### WHAT SHOULD I BE AWARE OF BEFORE USING EXELON PATCH?

At higher than recommended doses, EXELON PATCH is associated with significant stomach related side effects such as: nausea, vomiting, diarrhea, decreased appetite, and weight loss. For this reason, people should always start at the low dose. After a minimum of four weeks of treatment, and if well tolerated, the doctor may increase the dose to the next level. If you have not applied EXELON PATCH for several days, do not apply the next patch before you have talked to a doctor.

Weight should be checked while the person is using EXELON PATCH. People below 50 kg, or 110 lbs, may experience more side effects and may have to stop using EXELON PATCH due to these side effects.

In studies for Parkinson's disease dementia, parkinsonian symptoms, particularly tremor, occurred or worsened in some people taking EXELON<sup>®</sup> (rivastigmine tartrate) capsules.

### WHAT SHOULD I BE AWARE OF BEFORE USING EXELON PATCH? (continued)

Take special care with EXELON PATCH and talk to the doctor if the patient has or has ever had any of the following: an irregular heartbeat, an active stomach ulcer, difficulties passing urine, seizures, asthma or severe respiratory disease, trembling, low body weight or impaired liver function. The doctor may need to monitor the patient more closely while on EXELON PATCH.

### WHAT ARE THE MOST COMMON SIDE EFFECTS?

The most common side effects include nausea, vomiting, and diarrhea. For a complete list of possible side effects of EXELON PATCH, ask your doctor.

### WHAT SHOULD I DO IF I ACCIDENTALLY APPLY MORE THAN 1 EXELON PATCH?

If you accidentally apply more patches than you should remove all patches and inform the doctor immediately.

### WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICATIONS WITH EXELON PATCH?

Tell the doctor about all other prescription or nonprescription medicines the patient is taking. EXELON PATCH should not be given together with other medicines that have a similar effect on the body and the brain (cholinomimetic agents) or with anticholinergic medicines. Inform the doctor if the patient needs surgery requiring anesthesia while using EXELON PATCH.

### WHAT ADDITIONAL INFORMATION SHOULD I KNOW BEFORE USING EXELON PATCH?

The safety of EXELON PATCH has not been evaluated in pregnant women or in women breastfeeding children. EXELON PATCH is not recommended for use in children.

### STILL HAVE MORE QUESTIONS?

This is only a summary of important information. Ask your doctor for more complete product information, or visit [www.exelonpatch.com](http://www.exelonpatch.com).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088. You may also contact NOVARTIS PHARMACEUTICALS CORPORATION at 1-888-NOW-NOVA.

If you don't have prescription coverage and can't afford your medicines, log onto [www.pap.novartis.com](http://www.pap.novartis.com) or call 1-800-245-5356.



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## eat well

## mexican chocolate cake

SERVES 16

ACTIVE: 20 MIN TOTAL: 55 MIN

- 1 box (18.25 oz) devil's food cake mix
- 2 tsp ground cinnamon
- 1 cup mini semisweet chocolate chips

## Chocolate Buttercream Frosting

- 2 sticks (1 cup) butter, softened
- ½ cup unsweetened cocoa powder
- 1 jar (7 or 7½ oz) marshmallow cream (such as Marshmallow Fluff or Creme)
- 1 cup confectioners' sugar

1. Heat oven to 350°F. You'll need two 8 x 2-in. round cake pans coated with nonstick spray. Line bottoms with wax paper; coat paper with spray.

2. Prepare cake mix as package directs, adding the cinnamon; stir in chips. Evenly divide batter into prepared pans; bake as package directs.

3. Cool cake layers in pans on wire racks for 15 minutes. Invert; remove pans and wax paper. Cool completely.

4. **Frosting:** Beat butter in a large bowl with mixer on medium until creamy. On low speed, beat in cocoa. Beat in marshmallow cream, then confectioners' sugar. Increase speed to high and beat until fluffy, about 3 minutes.

5. Place a cake layer on a serving plate. Spread with ¾ cup frosting; top with remaining cake layer. Frost sides and top of cake.

Per serving: 447 cal, 4 g pro, 51 g car, 2 g fiber, 26 g fat (12 g sat fat), 64 mg chol, 386 mg sod

## cookies &amp; cream parfaits

SERVES 4

ACTIVE: 10 MIN TOTAL: 1 HR 10 MIN

- 1 box (3.4 oz) cook and serve chocolate pudding and pie filling
- 2 cups milk
- 1 cup nondairy whipped topping
- 2 soft chocolate cookies (we used Archway)

## Garnish: Chocolate curls

1. You'll need four 6-oz dessert glasses. Prepare pudding as package directs, using milk. After cooking, scrape into a medium bowl and press plastic wrap directly onto surface of pudding. Refrigerate pudding until cold, at least 1 hour.

2. **To make Parfaits:** Put ¼ cup pudding into each glass. Top each with 2 Tbsp nondairy whipped topping, then crumble ½ a cookie onto each. Top with ¼ cup more pudding and 2 Tbsp topping. Garnish if desired. **wd**

Per serving: 280 cal, 5 g pro, 42 g car, 1 g fiber, 9 g fat (7 g sat fat), 14 mg chol, 187 mg sod

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"Let no one ever come to you without leaving better and happier." Mother Teresa

"You can't put a limit on anything. The more you dream, the farther you get." Michael Phelps

"He who is not courageous enough to take risks will accomplish nothing in life." Muhammad Ali

"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome."

Anne Bradstreet

"Self-love has very little to do with how you feel about your outer self. It's about accepting all of yourself."

Tyra Banks

"Don't aim for success if you want it; just do what you love and believe in, and it will come naturally." David Frost

"Indulge your imagination in every possible flight."

Jane Austen

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